MYRA'S JOURNAL

AUG., 1909.

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Vol. XXXVI. No 8.

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AUGUST, 1909.

PROFUSELY ILLUSTRATED.

Mid-Season Fashions.

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No. 8455.—A Striped Zephyr or Linen Frock.

For Description see Pages 31 to 36.

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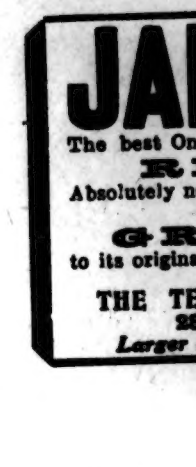

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NEWS FROM FASHION CENTRES.

FROM

Vienna, Paris, &c.

THE sleeveless coat is having large innings at the fashionable resorts on the coasts of Northern and Western France. In lace it figures largely at such smart places as Dinard and Biarritz, both as a day and evening garment. A lace coat over a light muslin gown is just the thing for the Casino or table d'hôte. In shantung, over pleated shantung skirts, it is a great favourite, especially in the warmer places, because it dispenses with the double sleeve. Matrons much appreciate the sleeveless coat; it provides them with the necessary wrap without adding anything to speak of to the weight and oppressiveness of their garments.

For the holiday season not a few princess gowns have been turned out, with long, sleeveless coat of the same material. This is the most elegant form of the very useful and pretty coat, as a great contrast between the blouse sleeve and the coat veiling the rest of the blouse should be avoided.

The seaside or travelling outfit should include a pretty shantung or silk "utility" dress for table d'hôte. One in the overdress style is preferable, so that it can be worn with day or "semi-evening" blouses according to the season. It is bad form at home or abroad to attend table d'hôte in a real low-necked evening gown. Plenty of pretty under-blouses, vests, collarettes, &c. to smarten frocks should be taken. They take little room in the trunk, and they freshen up and beautify a plain gown.

The pleated flounce to the fitted skirt is becoming more general. As time goes on the flounce will lengthen, until the top recedes into a mere hip-yoke—this will be a favourite late autumn skirt, offering a marked contrast to the draped tunics which French ateliers persist in sending us, draperies lifted at the hip to suggest the paniers which are, seemingly, to be forced upon us. Whether these panier draperies ever "take on" is very speculative. Anyhow, the Louis XVI. modes will be represented in our coat styles, when the big cuffs, the big pockets and the back pleats will come in to a large extent. It is not yet decided whether the tricorne hat—so natty a finish to the Louis XVI. coat—will reappear.

The Empire coats will remain, longer in the waist, but cut away in front to show a sort of corselet skirt. For such coats the skirt No. 8459 is an excellent model. This is a charming skirt. It has the "lapped" effect so sought after at the present moment. The sides lap over each other, seemingly closed with buttonholes in the point d tab into which the lines of the

No. 8456.—A LOVELY BLOUSE WITH THE NEW SLEEVE.

For Description see Pages 31 to 36.

Price of Paper Pattern, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

side converge. This picturesque lapping is very effective also in sleeveless and other coats.

A Shantung dust coat is a valuable asset in the holiday outfit. A very simple, pretty model is shown at No. 8462. This is capital for motoring.

This holiday season motoring hats have often a deep "beehive" brim of straw, because the straw brim keeps off the worst of sun-scorch, and the motor mask is not a favourite. The "beehive" shape protects the forehead and hair, and does not catch the wind much as it is rather compressed, and bent closely downwards. Over the whole entire hat is drawn the motor veil of gauze, so arranged that it can cover the face as well as the head, or can be drawn back to leave the face only exposed.

People who motor are more concerned about dust in the hair than crusting on the complexion, because it takes such a long time to brush it out. But the injury inflicted is less—dust in the hair looks bad, but the hair is not injured; indeed, greasy locks are improved in appearance when the dust has been well brushed out; but, although dust can easily be washed off the skin, such washing irritates and inflames it, and repeated processes of the sort take away permanently all delicacy of tint or softness of texture.

We are promised some much smaller hats in felt for the late autumn. Large hats will still be worn—soft, expensive felts do so lend themselves to large, picturesque, picture styles—but those who like a more modest type of head-gear will be able to get it. During the summer many women were forced to have their hats specially made, particularly those with rich curly hair of their own who object to pads. On such a natural coiffure, of course, the huge crown falls right over the face. Crowns of natural dimensions were not to be got ready made. Now a more varied choice is promised. We have plenty of variety in frocks and coats; why not in millinery?

Sleeves are becoming much larger and shorter. In many coats the sleeve is mounted at the shoulder in fairly heavy pleats. The long eel-tight sleeve is passing and will soon be out of date. Skirts are also far less scanty; the plain skirts are cut so as to flute a little about the feet, but still the fulness should cling gracefully. The petticoats with big stiffened flounces are eschewed by all but the over-tall, who want to modify the extra length of leg.

FOUR FREE PAPER PATTERNS. NEARLY 100 DRESS AND MILLINERY DESIGNS.

A Utility Travelling Dress.

By "MYRA."

I SPECIALLY recommend this gown to all contemplating a Continental trip. Last year or the year before, it will be remembered, Americans introduced the travelling dress of black silk—and very useful it was, as the effect was smart, and as the silk proved very dust-resisting, a neat and well brushed appearance was easily secured. This year Shantung—a good glossy, rich make of the silk—is substituted for the glacé or taffetas of last year. And black is superseded by a rather bright navy shade—a handsome but quiet colour leaning to Royal blue, but more subdued. Dust does not penetrate good Shantung, and can be got rid of by shaking or even dusting with a handkerchief.

This Shantung is thicker in grain, and is often ribbed. It is much dearer than the ordinary Shantung, which is never used by tailors for coat and skirt costumes.

Our smart model on this page consists of a corselet skirt and a rather long Empire coat. For travelling the effect is smart. The well-cut corselet skirt, worn with dressy lace blouses, does excellently for table d'hôte, and the coat is a capital model to throw over lingerie frocks as a light overcoat.

The corselet skirt has a tablier with lapped seam, decorated with buttons and braid loops to match. The sides and backs are cut circular, so that they flute handsomely below the knee. The skirt should be a convenient walking length.

The Empire coat has a long two-piece basque and a smart Empire top, closing edge to edge with hooks and eyes, and trimmed with blue silk braid. The neck is cut open in front, so as not to confine the throat, and there is a Napoleon collar faced with the Shantung and edged with braid.

The bodice part is lined with white silk felled on the junction with the basques which are unlined, simply finished with a stitched hem. The fronts are decorated with buttons and loops, like the skirt.

The sleeve should not be too tight. It is left open, for extra ease, almost to the elbow, and is finished with a little muslin frill, which is easily detached and replaced.

The white silk used as lining should be very tight—a thin glacé or taffetas.

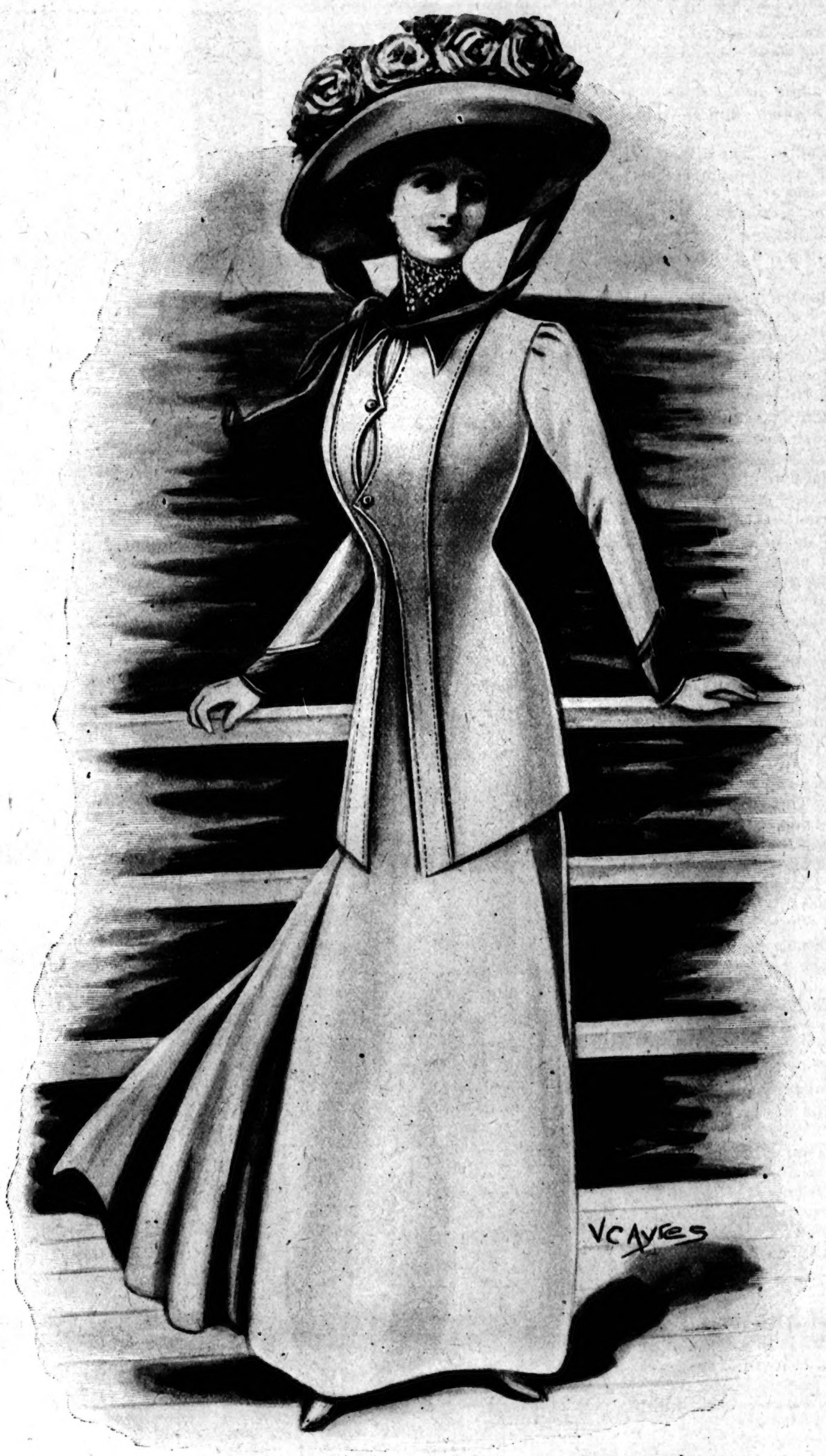
Nine yards of double width Shantung will be required, as corselet skirts cut into a good bit of material. Navy alpaca (Pirle-finished, so that it does not spot or shrink) can be used instead of the Shantung—anyhow, a bright-surface fabric should be chosen, on which dust lies loosely and can easily be dusted away. Loosely woven woollen fabrics absorb dust, and have to be beaten and brushed repeatedly.

Many people would like this gown in pearl-grey Silicienne alpaca, decorated with grey silk braid to match.

No. 8457.—A Utility Travelling Dress.

(For description see this page.)

Price of Paper Pattern, Skirt, 1s. 0½d.; Coat, 9½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*



No. 8458.—Hot Weather Coat-and-Skirt for Shantung, &c.

For Description see pages 31 *to* 36.

Price of Paper Pattern, Coat, and Skirt, each 6½*d., post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

The Djibeh Lounge Gown.

For Illustration see Page 9.

THIS charming model—so adapted to the present slender style of indoor gown—is built on the lines of the genuine Turkish djibeh—that is, the component parts fit into each other with a series of points. The djibeh suits most figures. The genuine model has no pleat at back (it ceases at *a b*, see diagram), but as most ladies prefer the pleat, our pattern gives it. If not required it can be cut away at the first wheelmark of the pleat (*a b*.)

Cut the yoke in one piece (to close at back) in white broderie; it takes ¾ yard of 22-in. broderie. Outline the yoke with beading run with ribbon matching the cotton, silk, or soft woollen fabric of which the gown is built. Gown cuts best out of double-width fabrics, as seams should be avoided except those necessary for the "splicing" of the parts together.

The pattern is in five pieces: half the one-piece yoke—which descends in deep points (four) into front, back, and sleeves—half the front, half the back (inverted box-pleat wheelmarked upon it), one side (the top of which, forming a point, is spliced into the sleeve seam under the arm, see fig. 1 of the illustration), one sleeve. The diagram shows the four pattern pieces for cotton laid on 6 yards 48-inch material, which is folded in half (selvedges meeting), back and front centres laid along the fold. The back is slit sufficiently for an opening, which closes with hooks and worked loops in the folds of the pleat.

Tack together sides and front, the single notches coinciding. Then tack the back to the sides, triple notches coinciding. This leaves the top point of the sides protruding beyond the armhole line of back and front, to be spliced into sleeve. Tack edges of points to sides of sleeves, single and double notches coinciding. The rest of sleeve sides are tacked together, and the sleeve is shaped. Arrange the back pleat. Then tack the yoke in place—front points dipping into front, and back points dipping into slit back, side points dipping into sleeves.

The gown wants very little trying on—only for length of undersleeve and skirt. The pointed yoke fits any average figure, as it merely droops lower on a thin frame.

The seams should be neatly made. The lower edge is hemmed, and, like the sleeve, is decorated with a band of broderie outlined with beading or broderie insertion. Lace can be substituted for the broderie, or passementerie for satin, cashmere, &c.

Diagram of Djibeh Pattern.

THE SOCIAL SECRETARY.

By O. K. MOORE.

A BRANCH of social work which has made enormous strides in England during the last ten years is that of social secretary in large factories and workshops. In times past a manufacturer knew most of his employés personally. The men—and women—could take their grievances straight to the master, and the factory hand was an actual worker, and not, as he so often is now, a mere minder of machinery. This preponderance of unskilled labour, the inevitable outcome of mechanical processes, has done much to lower the social and mental standard of the workers, and the rapid growth of factories, as improved machinery enables them to cope with more

No. 8459.—A Lovely Utility Frock for Country Visits.

For Description see Pages 31 to 36.

Price of Paper Pattern, Skirt or Blouse, each 6½d.; Over-blouse, 8½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8430.—THE DJIBEH LOUNGE GOWN.

For Description see page 8.

Price of Paper Pattern, 1s. 0½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane. E.C.*

No. 8461.—SMART WRAP OF FINE WHITE SERGE.

For Description see Pages 31 to 36.

Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

orders, and the absorption of small businesses into companies has made it impossible for employers and employees to meet on any common ground.

The chief duty of the social secretary is to bridge this unavoidable gulf. She must really act as a connecting link between worker and employer. It is advisable that she should have had some experience of social work, either in a parish or settlement, or she may find herself more hindrance than help to both sides; but to a woman who understands the factory girl the duties are easy; and the results of employing a social secretary, or welfare manager, as they are sometimes called in America, where the idea originated, have been met with marked success.

Her first duties in most factories is the engaging of fresh hands, by which she gets to know the character and circumstances of each girl on the staff. Having selected likely girls, she sends them to the forewoman under whom they are to work, who satisfies herself as to their capabilities. The secretary must keep an eye on these forewomen, and see that there is no favouritism or unjust fault-finding. It is also necessary to watch the girls and weed out malcontents, for not infrequently one black sheep will have a whole department out on strike if her efforts are not nipped in the bud.

At the same time, the secretary must listen to the girls' grievances, so that she may lay them before the employer when they have a real foundation, or explain them away when, as so often happens, they arise from misunderstanding. Always her aim must be to promote loyalty and esprit de corps among the workers. The manufacturer who employs a social secretary is not the type of man to require reminders of *his* duties towards his employees.

In food-product factories it is necessary to observe great cleanliness. To this end the girls are usually required to wear caps and overalls, and there are stringent rules about washing of hands, &c. The secretary has to look after these things, generally superintending the making of the garments in the first place, and seeing that clean ones appear with Monday morning, also insisting upon personal cleanliness. To the girls' credit it may be said that they take kindly to clean clothes, and general decency, once it has been tactfully suggested to them, and physical improvements seem to have a marked effect on their general behaviour. In one London jam factory where the institution of a social secretary was attended with compulsory washing, the abolition of sacking aprons, and introduction of white overalls, the girls have been transformed from a crowd of hooligans into quiet, orderly young women, and their work seems to have improved in quality and quantity.

In cases of illness the secretary must visit the invalid, and where a doctor is employed by the firm she is present at the girl's interview with him. She is expected to attend to slight cuts, fainting-fits,

No. 8462.—Linen or Shantung Overcoat.

For Description see Pages 31 to 36.

Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

and minor ills that occur in the factory herself. If meals are provided she generally does the catering, and sometimes carves. Stores for cleaning and cooking are also under her control. She interviews inspectors, manages the library, the savings-bank, and the holiday fund. If the girls go to evening classes, such as gymnastics or dressmaking, she looks in occasionally to see that they attend regularly, and some employers will expect her to take such classes herself.

The social secretary, therefore, is a busy person, occupying a responsible position, and the increasing demand for her services, not only in factories but in large shops and work-rooms, and the higher salaries now offered for those services show that she supplies a real want. In a small factory she will probably only earn from 25s. to 30s. per week, with a mid-day meal and tea, but in one employing four or five hundred girls £150 to £200 per annum is a usual salary, and both to the employer, whose output is increased by her influence, and to the girls, who through her obtain at least a glimmer of self-respect and right principle, which otherwise they might never know, she is worth it.

The New Knitted Coat.

By MRS. HAMER-JACKSON.

(*For Illustration see page 31.*)

THIS jacket is warm and cosy without any great weight, and being elastic does not interfere with the wearer's movements when indulging in tennis, rowing, hockey, or any other sport. It is also strong enough to withstand repeated visits to the laundry, and this is decidedly a strong point in its favour. It is knitted, but the stitches employed present no difficulty. The essential point is to make them even. The size of the needles will depend upon whether you knit loosely or tightly, and on the kind of wool chosen. The work should be soft, but fairly close. The stitches must not open out nor must they be so near together as to render the garment stiff. The wool should be well twisted; ordinary merino will answer the purpose best. Start on the lower part of one of the fronts. Mount 80 stitches. A row composed of: 1 plain and 1 purl alternately. A row of purl (forming right side of work); at the end of this row mount 5 stitches on the same needle, at the end of the 80; turn. A row of 1 plain and 1 purl alternately, placing the purl immediately above those in the first row; after completing the 4th row mount 5 stitches; increase at the end of every other row after that; increase twice by 4 stitches, twice by 3 stitches, twice by 2 stitches, then increase 1 stitch only. These increases give a curve to the front of the jacket. When you have 130 stitches, continue with a straight edge. At the other end of the rows (the side coming to underarm seam) decrease from 20th row 1 stitch in every 12th row, until you have only 112 stitches, then stop decreasing. At the 290th row increase by 1 stitch under arm; make 10 rows plain; 68 rows decreasing by 1 stitch at end of all rows of uneven numbers for the armhole. Knit a straight edge and begin decreasing on the front edge for the neck. Decrease 1 stitch at the beginning of the rows of uneven numbers; when only 40 stitches remain, close, slanting for the shoulder; drop first 10 stitches, beginning by row on wrong side, then 6 on following rows; break off wool after closing the last 6.

No. 8463.—A Charming Linen Overdress.

For Description see Pages 31 to 36.

Price of Paper Patterns, Skirt, or Blouse, each 6½d.; Overblouse, 3½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Make the second front similar to the first, but reversing the order; that is to say, by increasing or decreasing at the end of the rows of uneven numbers, when they are described as being made at the end of rows with even numbers and vice versa. From the 120th row, 4 stitches from the rounded edge, drop 8 stitches, then mount 8 on the following row to make a buttonhole. 34 rows above this, then make a second buttonhole, &c.; 7 altogether.

Back.—168 stitches, begin decreasing on 70th row, at the beginning and at the end of this row take up 2 stitches together, 14 plain rows, decrease 1 row; after the 11th decrease on either side, continue with straight edge; at the 290th row increase by 1 stitch as for the fronts, 10 rows plain with 144 stitches; then decrease 1 on both sides every 4th row until you have only 120 stitches left; 32 plain rows with 120 stitches; then slope the second side of shoulders, dropping first 6 stitches instead of 10, and only 2 on the following rows, close the 60 stitches in middle.

Sleeve.—Worked in the same way as the jacket itself. For the lower end of the under arm piece mount 4 stitches, at the end of the first row add 4 more, then 8 times the same thing after each row of uneven numbers; at the end of the 10th row increase 1 stitch, continue the increasing on this edge every 5th row, and after the 14th row continue with straight edge. Increase 1 at the 19th, 25th, and 31st row; 60 plain rows above the increases on the right; begin again increasing every 4th row, and when you have 74 stitches drop 2 at the beginning of every other row for the under arm piece; break off wool after dropping the last 2.

Top of Sleeve.—Mount 4 stitches, at the end of the rows on the wrong side add 4 stitches; after the 6th increase of 4 stitches mount 17 times 2 stitches on the same side; at the end of the rows of uneven number increase 26 times by 1 stitch; then make 10 increases with 3 rows in between, and

No. 8464 No. 8465 No. 8466

No. 8467

DAINTY MID-SEASON BLOUSES.

For Descriptions see Pages 31 to 33.

Price of Paper Patterns each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

continue straight edge. On the side opposite the one described, that is to say at the end of the rows of even numbers, decrease and increase in the following manner: — After the 17th increase of 2 stitches: 7 decreases with 7 rows in between; 30 rows plain, 6 increase with 7 rows in between and 10 increases separated by 3 rows; decrease on same side to round off sleeve; 1 decrease. 10 plain rows, decrease 1. 10 plain rows, then decrease 1 at the beginning of every row until you have only 74 stitches left. Close. At the lower end take up 60 stitches, 80 rows plain, 8 rows of the stitch used throughout the jacket, slip stitches over each other and finish off seam. Make three box pleats at top of sleeve and fit into armhole. Sew tape round armhole to stiffen slightly, especially the top part.

Trim the jacket with white woollen braid along the edges, stitch it on by machine or sew it by hand. This gives a pretty finish and also disguises any irregularities of outline that are inevitable. Opposite the buttonholes fix the braid more securely, then cut where necessary and buttonhole-stitch the cut edges. Sew buttons on opposite side, placing a small piece of tape underneath each one to support the stitches.

Fold over the cuff to form a revers.

No. 8468 No. 8469

SEASIDE FROCKS FOR LITTLE GIRLS.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8470 No. 8471

TWO SMART BLOUSE DRESSES FOR COTTON, &c.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Pleated Skirts, each 1s. 0½d.; Blouses, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8472 No. 8473

No. 8474

SMART HATS FOR THE HOLIDAYS.

For Descriptions see Pages 31 to 36.

No. 8475 No. 8476

TWO SPORT OR TRAVELLING COSTUMES.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Skirts, or Coats, each 6½ d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8477 No. 8478

TWO ATTRACTIVE STYLES FOR OVER-DRESSES.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Overdresses, each 1s. 0½d.; *Blouses, each* 6½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8479 No. 8480

A LINEN OVERCOAT AND A SPOTTED COTTON OR FOULARD GOWN.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Coat, 1s. 0½d.; Skirts or Blouse, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8481

No. 8482

TWO ATTRACTIVE LINEN FROCKS.

For Descriptions see Pages 31 to 37.

Price of Paper Pattern, Coats or Skirts, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8483 No. 8484

CHARMING SKIRT-AND-OVER-BLOUSE FROCKS.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Skirts, or Blouses, each 6½d.; Over-blouses, each 3½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8485 No. 8486 No. 8487

SMART STYLES FOR TRAVELLIN

For Descriptions a

Price of Paper Patterns, Pleated Skirt or Princess Dress, each, 1*s.* 0½*d.; Long Coat,* 9½*d.; Skirts, Foundati*

No. 8487 No. 8488 No. 8489 No. 8490

FOR TRAVELLING AND EARLY AUTUMN WEAR.

For Descriptions see pages 31 *to* 36.

Coat, 9½*d.*; *Skirts, Foundation Skirts, or Coats, each* 6½*d.*; *Shoulder Cape,* 3½*d., post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

DESCRIPTIONS OF THE FREE PATTERNS.

[Note.—Our Free Patterns, presented with each number, are always cut *stock size* for ladies: Skirts (from *natural* waist), 40in., front length (except for trottoir, when length is only 38in.); waist measurement (skirts, coats, blouses, &c.), 24in. Children's patterns are cut the recognised stock size for the ages quoted in the description. *No* turnings are given.]

THE NEWEST SKIRT.

This skirt is the chief feature of the present styles, and will be much worn in the autumn. The top is fitted; the lower part is a gathered or pleated flounce, according to the material. Our skirt, illustrated on page 25, is of navy serge. The pattern is in two pieces—half the front, one circular side. The tablier seams are lapped, a half-inch lap being given in front and side patterns (see dotted lines in diagram), but no turnings. The rest of the skirt is a 17-inch flounce (allow for hem, &c., 19 inches) arranged in knife pleats (seam up the material at selvedges, hem lower edge, and send flounce to be pleated.)

The diagram shows the two pattern pieces laid on 2¼ yards 48-inch serge, which is opened out and is double beneath circular side, so that it is cut in duplicate. The single material is folded over enough to receive the tablier, the front centre being laid along the fold. This leaves one yard towards the 19 inches for flounce.

Seven yards of 19-inch flouncing are required. You have 1 yard, so you require 6 yards more, which, being only one inch over ½ yard wide, will take 2 yards 48-inch material. That makes, with the 2¼ already used, 4½ yards in all.

The seam at the back is an ordinary one. A little decoration in black silk braid finishes the edge of the fitted top. The skirt closes in the left tablier seam with glove studs. Bind the top, and close with hooks and eyes. As the pleated flounce is rather apt to drag at and stretch the top material, it is a good plan to give a thin lining to the plain top of the skirt.

With our Free Blouse Pattern is illustrated another version of the skirt. The circular sides are cut out of muslin broderie—a simple light design. The tablier is cut out of tucked muslin. The lower part is a deep flounce (17 inches) of broderie, of which from 3½ to 3¾ yards will be required. The top of the flounce is gathered into the fitted skirt beneath a band of broderie insertion. In this case, of course, the broderie should not be lined.

To avoid the expense of wide broderie flouncing, the flounce can be of the plain muslin merely edged with broderie insertion or flouncing.

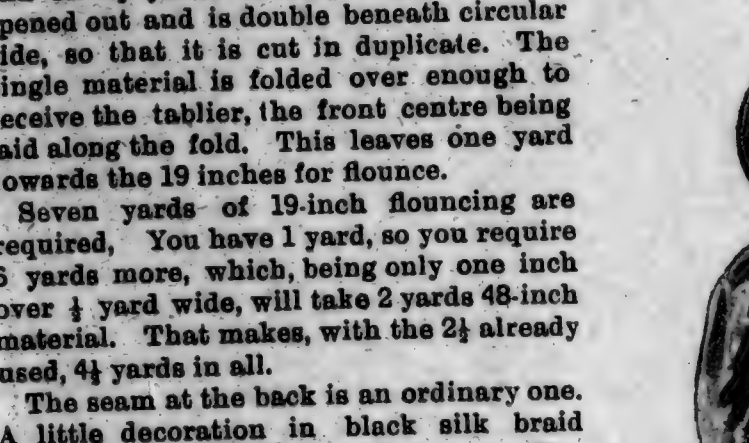


Diagram of Free Skirt Pattern.

A PLEATED OVER-BLOUSE.

This very smart model should be of the serge which builds the Free Skirt. The

No. 4.—FREE PATTERN OF SUMMER OVERCOAT.
For Description see Page 26.

pattern is in one piece, and cut into 1 yard, 48-inch material. Front, backs and little sleeves are cuts all in one piece by folding the material (selvedges meeting) and laying the front centre on the fold. The shoulder is smartly pleated—one deep and two narrow pleats. Those pleats are wheel-marked on the shoulder of pattern.

Tack the pleats on shoulder. Tack the under-arm seam (continuing down little sleeve). Try on. Draw the pleats down into the waist to suit the wearer. The over-blouse fastens at the back. Only the hem and braided parts are lined. The backs close with hooks and worked loops. Black silk braid, like that on the skirt, decorates neck, front, and sleeves.

The lovely blouse illustrated with the over-blouse (p. 25) can be made up of tucked satin and lace insertion on our Free Blouse Pattern, by pinning together front and vest, back and back panel, according to notch.

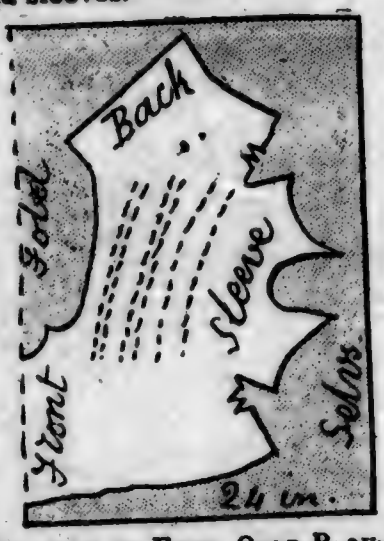


Diagram of Free Over-Blouse Pattern.

BRODERIE OR LACE BLOUSE.

This blouse is very new, highly original, and is marked by elegant simplicity. It is made up of flouncing of muslin broderie of various widths to match the second version of our Free Skirt.

The pattern is in seven pieces; one front, one back, half the front panel, one back panel, the upper and under of one sleeve, half the collar band.

The diagram shows:—

1. The back and its duplicate laid on 1¼ yards 8-inch broderie flouncing.

2. The front and its duplicate laid on 1¼ yards 12-inch flouncing to match (choose a simple pattern like wheels or stars, which has no special up or down). The

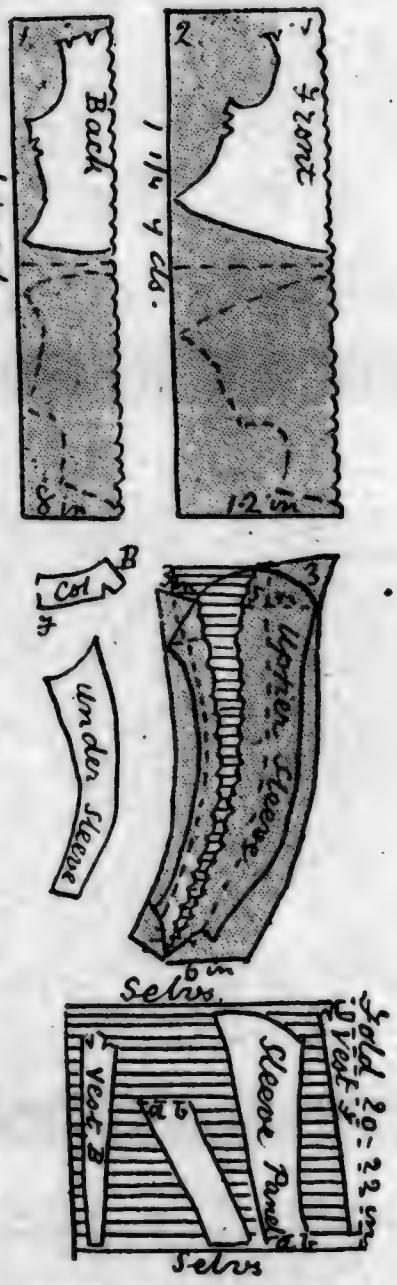


Diagram of Blouse Pattern.

"I like Myra's the best of all English, French or German papers."—Mme. P. T., Budapest.

THREE OF OUR FOUR FREE PATTERNS.

Showing Two Complete Costumes for a Lady.

No 3.—LACE OR BRODERIE BLOUSE.
(Showing another arrangement of the Free Skirt Pattern.)

For Description see page 24.

Nos. 1 & 2.—THE LATEST SKIRT AND PLEATED OVER-BLOUSE.
(Showing also an adaptation of Free Blouse Pattern.)

For Description see page 26.

For Illustration of Free Pattern No. 4, see Page 24.

scalloped edge, both in backs and fronts, must run along the straight lines of the pattern, as shown in diagram.

3. Upper sleeve pattern with 1 yard 6-inch flouncing and ⅞ yard 3-inch flouncing arranged in place over a panel of tucked muslin; for the two sleeves, 2 yards of the wider and 1¼ yards of the narrower flouncing will be required.

4 and 5. Collar and under sleeve of muslin. Collar is tucked to flat pattern, or else a straight band cut out of the tucked muslin is used.

6. Panel of back, vest of front, and panel for sleeve arranged on tucked muslin. Buy 2¼ yards of 36-inch muslin. Cut out the under sleeves and collar, tuck up 1½ yards of muslin, fold it in half, and lay the front edge of vest on the fold.

For the sleeve panel allow 6 inches width of tucked muslin to form panel from the shoulder to the elbow (line *a b*); then allow a slanted band 5 inches wide from elbow to wrist. Join under a tuck. The panel must be slanted, as it is necessary to keep the tucks quite straight. The broderie scallops meet over the tucked panel at the wrist point. At the top of upper sleeve the scalloped edges are 2½ inches from upper sleeve's inner edge, and 5½ inches from its outer edge.

Pin the tucked panel in place, and arrange your broderie on it. You will have to ease the scallops in places and rather stretch them in others to keep the outer and inner edges of upper sleeve quite flat. When firmly tacked in place, stitch down the scallops on the tucked panel, and then stitch down the broderie again about an inch from the scallops. Then cut away the superfluous tucked material. A band of very narrow broderie insertion edges the pointed wrist, or a band of tucked muslin can be used.

The blouse closes at back with hooks and worked loops.

GIRL'S SUMMER OVERCOAT.

The pattern of this dainty, quickly made garment, cut for a girl of eight, is in three pieces: one front cut in one with half the back, one sleeve, one cuff band. The coat is tucked on the shoulder, the two tucks being wheelmarked on the pattern.

The diagram shows the pattern pieces laid on 2¼ yards, 48-inch white serge, which is folded over (selvedges meeting), back centre laid along the fold so that coat is cut in a single piece. Arrange the tucks. Tack the under-arm seam and try on. Stitch, press and bind the seams as the coat is unlined. Face the fronts with serge, interlined with muslin, binding the inner edge of the facing for neatness. The coat is neatly stitched all round, after the facings have been seamed in place, and the lower edge turned over a band of muslin. The neck is piped merely to hold the detachable Peter Pan collar of broderie or lace. The coat closes with a few serge-covered buttons and loops—white braid stitched down the outer edge of the front.

The sleeve is seamed and pressed. It is gathered into the doubled serge cuff band which is neatly stitched down. The cuffs, to match the Peter Pan collar, are tacked in place over this band. The cuff can close with buttons, or it can be seamed up to pass over the band—in which case see that the seam of sleeve is no longer than the child's arm. The top is pleated into the armhole, pinned in place on the child to suit its figure, then stitched in. The armhole seam should then be bound.

The coat looks beautiful in white pillow linen. It can be of blue serge, to match a pleated skirt, &c.

"DORCAS" THIMBLES.

Who was the first needlewoman? One might honestly ascribe the honour to Eve, for no doubt her womanly instinct early prompted her to invent a crude needle whereby to stitch and sew together the clothing of the Adamite age. When was the first thimble invented and used? A protection for the finger or fingers whilst sewing has long been in use, for it is an historical fact that the Chinese used a form of thimble at a very early period.

Forms of thimbles have long been in use amongst European races, though we are not historically overburdened with instances of their origin or shape. It is practically certain that a certain Nicholas van Beischoten, of Amsterdam, either late in the 16th or early in the 17th century, devised the thimble as we now know it, for which boon let all feminine praise and gratitude be accorded him.

It is hard to say whether Dorcas of immortal memory used a thimble. But her name is now associated with that indispensable article. The most popular and perfect thimble of to-day is the "Dorcas" Thimble, its utility and strength being quite equal to its handsome appearance.

All jewellers, all fancy dealers are pleased to stock the "Dorcas" Thimble, which is worth far more than the modest half-crown which is charged for it.

"Dorcas" Thimbles are made in every size; one and all carry a positive guarantee that, should they be rendered useless from any cause whatever, they may be exchanged free of charge. Any lady dissatisfied with her "Dorcas" Thimble has only to write to the Manufacturer's Agents, 66, Ludgate Hill, London, E.C., and they will thank her for her trouble in reporting to them any flaw or weakness in her purchase. Our many readers who are amateur or professional dressmakers should give an early trial to the celebrated "Dorcas" Thimble.

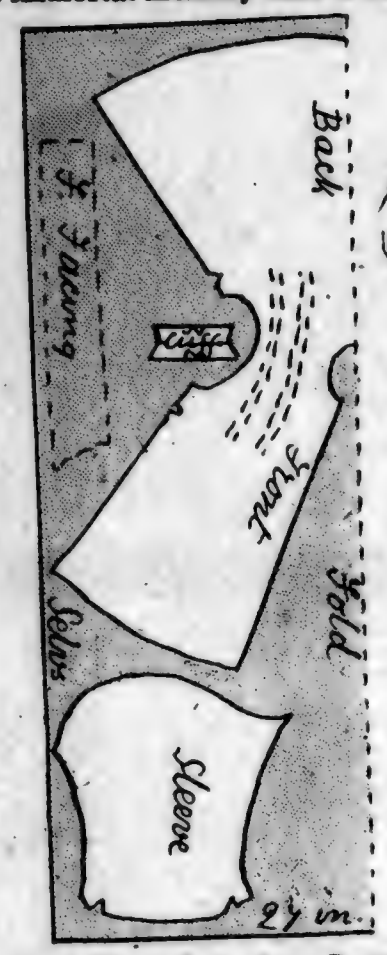


Diagram of Over-Coat Pattern.

No. 8491.—A Linen Coat-and-Skirt.
For descriptions see pages 31 to 36.
Price of Paper Patterns, Skirt or Coat, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8492 No. 8493 No. 8494

No. 8495 No. 8496 No. 8497

USEFUL AND SMART SEASIDE AND MID-SEASON STYLES.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Long Coat, or Pleated Skirts, each 1s. 0½d.; *Coats, Blouses, each* 6½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

COOKERY & HOUSEHOLD MANAGEMENT.

ON MAKING JAM AND JELLY IN SMALL QUANTITIES.

IT has been my privilege to study of late the commonplace-book of an old friend, whose large garden and small establishment present an annual problem of much fruit to preserve and few hands to do the work. I am much struck by the ease with which a very large jam cupboard is filled, despite the above-named obstacles, and the secret of it all is that there is no huge task of picking and preserving all in one day, whatever the crop of fruit may be, but that a small and manageable amount of fruit is gathered every day, prepared at once, partly cooked in the evening of one day, and finished off first thing next morning. All is orderly, and done without confusion, in a small kitchen, by one old lady and her faithful servant of many years, and I know no jam or jelly to compare with the dainty confections they turn out. The ordinary housework is never disturbed, because the method and routine of jam and jelly making in small quantities is always the same, and the maid knows exactly where she is, so to speak.

All fruit is gathered in the morning; then after tea (this is a household of early dinner and very light supper, usually cold) it is prepared—i.e., stoned, "topped and tailed," or what not—it is then put into a jar which stands in a pan by the side of the fire, with water three-parts up the jar, and there it remains, a trouble to no one, until bedtime, when the jar is removed and set aside till next day.

Directly after breakfast the required sugar is added (1 pound to each pound of fruit, weighed when freshly gathered is about the quantity), the pan is again set on the fire, and the water boils and the fruit and sugar cook together until done. The whole process is so simple, and the actual work by hand so very little, that one wonders the same method is not tried more universally. It may be applied to large quantities equally well, this being merely a question of larger pans and jars and more fire-space, a little more time spent in preparing the fruit, and a little longer time for boiling, &c.

The advantage of stewing the fruit overnight, and of weighing out the sugar beforehand, is that the pan which has stewed the fruit at night, after cooking for the day is over, cooks the jam before the fire is wanted for middle-day dinner, so no extra fuel is required and no inconvenience is caused. The pans require no watching, beyond a peep now and then, and as a rule no stirring is needed.

In August we have still a few late red Warrington gooseberries to preserve. Apricots are plentiful all the month (in normal seasons); plums of various sorts are fast ripening, and raspberries are at their best. From the journal aforesaid of accomplished preservings of small quantities of fruit, I quote a few details which may be helpful to my readers.

"Item: 6lb red Warrington gooseberries, stewed the day before, 1½ pints of red currant juice, added next morning with the sugar (6lb), fruit and sugar boiled 30 minutes. Made 12 jars of same."

"Item: 5lb red gooseberries, stewed in a jar the day before. Next day: 1½ pints of juice (half raspberry and half gooseberry juice), put on with 5lb sugar, boiled till the sugar was dissolved. Then the fruit added and boiled 20 minutes."

"Item: 2lb 7oz apricots, stewed in a jar as usual overnight. In the morning: ½ a pint of apple juice boiled with 2½lb sugar till sugar dissolved. Then fruit added and boiled 25 minutes."

"Ploughman" Smock for Boy or Girl.

This capital pattern was one of the Four Free Patterns given with the July number.

"Item: 3lb 10oz apricots stewed overnight, ½ cup of apple juice and 3½lb of sugar boiled to a syrup. Fruit added and boiled 20 minutes. *N.B.—This was much too stiff.*"

"Item: 4lb apricots, stewed overnight, 3¾lb sugar, and ¾ pint apple juice. *Quite successful.*"

N.B.—The apricot stones were taken out before the fruit was stewed, and put, with as much water as would cover them, into a teacup and left overnight. Then the water was strained on to the fruit, half the stones were cracked, and their kernels added to the preserve as it cooked.

A six-quart pan sufficed for all these quantities.—L. H.)

"Item: 6lb Victoria plums, 4½lb sugar. Made same way as apricot jam."

"Item: 1 pint blackberries, ¼ pint water, ½ pint rhubarb juice, stewed till soft, turned into a jelly bag to drip, yielded half a pint of juice. Added ½lb sugar and boiled till clear. Made four cups of delicious jelly."

From the same book comes this recipe for raspberry vinegar, which I can recommend, not only from having tasted the vinegar made, but from having had it successfully tested in my own kitchen.

"Pick 1lb of raspberries and put them into a basin. Pour over them a 3-gill bottle of best white wine vinegar, and leave till next day. Pick a second pound of raspberries (pick off the husks always) and put them into a fresh, clean basin, and put a sieve on the top. Turn the first pound of fruit into the sieve, and let all the vinegar drip through on to the fresh fruit, and leave till next day. Do not stir or press the fruit. The vinegar must drip through naturally. The third day have a third pound of freshly-picked raspberries, in a clean basin, and pour the second pound of fruit into the sieve, on the top of the fruit already there, let the vinegar drip through as before, and again stand 24 hours. Finally, turn the last pound of fruit into the sieve and let the vinegar drip through. This last liquid will be clear and of a beautiful red colour, and it must be measured, and to each pint 1lb of finest preserving sugar must be added, and the whole boiled in a jelly pan for 20 minutes. Then it must cool down absolutely, when it is ready to be bottled and securely corked and tied down with bladder. It will keep for years."

(A very fair vinegar for cooking purposes may be made by pouring a quart of white wine vinegar on to the raspberries left over from the above making. It should stand 24 hours, and then be poured into a cheesecloth, and the liquid squeezed through. It will not be so clear, and the colour will be darker, but the flavour is excellent, and it will keep well.—L. H.)

Some recipes for raspberry jam:—

(1) *Without Boiling.*—To each pound of fruit allow 12oz of castor sugar. Put the fruit and sugar in separate bowls in the oven to get thoroughly hot. The sugar must not be browned, and the fruit must be just below boiling point. Take the bowls out of the oven, mix fruit and sugar together and stir (*not* over heat) till the sugar is dissolved. Pour into jars and tie down immediately with gummed paper dipped in water stretched over the jars. The flavour and colour of fresh fruit are ensured by this method.

(2) *Without Heat.*—Gather only perfect fruit, and in dry weather, and allow 1½lb of lump sugar to each pound. Put into a strong bowl, and pound fruit and sugar together with an old-fashioned potato-masher until they are completely pulped and no lumps of sugar can be felt. Put into pots and tie down as usual. This will keep for two years in perfect condition, and tastes exactly like fresh fruit.

An Economical Hint.—A plain, cooking jam may be made without sugar if ¾lb dates are allowed to every pound of fruit, and the whole simmered for 2 hours.

Letitia Hope.

"I am delighted with your journal and shall take it regularly. —H. P.

GRAPHOLOGY DELINEATIONS.

By EDITH O'SHEA.

All letters must be sent to "Graphologist," Myra's Journal Office, 10 & 11, Fetter Lane, E.C.

(1) To be delineated in these columns, *specimens of handwriting* must be received on or before the 25th of the month.

(2) Delineations will be given free if inserted in these columns. Readers desiring detailed postal replies must forward six penny stamps and a stamped addressed envelope, but in either case the coupon cut from the current number must accompany *every* letter.

(3) Letters must consist of not less than 100 words, copied matter and lined paper being inadmissible. The usual signature must always be given, but a nom de-plume is also required for printed replies.

Kitsilano Kate.—Many thanks for your courteous letter and good wishes. Your own handwriting reveals the courage and pluck that wins through difficulties and obstacles. You are kind-hearted, and ever ready to do a good turn, yet withal you can be cautious at times. Ardent and strictly honourable, you certainly possess artistic tendencies, but not sufficient talent in that particular line to take up Art as a profession, for, believe me, it is a very thorny road, but you would do well in any vocation where your love of beauty could find vent. Therefore, I think you would make a successful milliner, for this requires a good eye and a love of the picturesque, as opposed to many present-day grotesques. Not quite sufficient attention to detail; tactful and refined in your tastes.

Irene.—Your writing shows a cheerful nature, sometimes liable to fits of depression, but only of short duration, for you manage to look on the bright side of things in general. You are tactful and honourable, but very changeable; try to cultivate more decision of character, otherwise you will find it very difficult to settle to one thing. You are energetic, and unless you devote your energies to some particular work are apt to be restless. The will is weak, except on points of interest, when you can be tenacious. Fond of pretty clothes, and would be happier in domestic life. Fond of sociability, and would be loyal in friendship.

Ludmilla.—Much finesse and tactfulness is shown by this specimen. Ardent by nature, you have yet trained yourself to be careful and cautious, and would never rush into anything without due consideration, and are apt to be somewhat suspicious. Mental energy and a certain amount of intuition are also shown, and I judge you to be of a rather nervous temperament. A fairly good judge of character, and are kind-hearted and plucky. Should be fond of travel, and beautiful scenery would always appeal to you. The usual signature should always be given, it is mentioned in the rules as being very necessary.

Sadie.—I quite understand about the coupon. I am very glad you had such a nice holiday, and hope you will be able to go again. You are kind-hearted and generous, and very honourable, but you are wanting in sufficient will-power. Cultivate decision and resolution of purpose. You are painstaking, and pay good attention to detail. Whatever induced you to entirely alter the slope of your writing on the last page? If this change is usual, it denotes indecision and lack of stability. Cheerful by nature and possessing the bright and thanksgiving temperament which finds happiness everywhere. Popular with your friends.

Tomboy.—Your writing shows you to be prudent and careful; you are somewhat impulsive in temperament, yet would be very cautious in undertaking any new enterprise. You are outspoken, ambitious, but want more decision of character to be successful. You have considerable finesse and tact. Love of the beautiful, particularly in form, is shown, but I do not advise you to try the stage; it is a very hard life, and you have not very much fighting power. Should be fond of music, and might train for concert work. Kind-hearted and honourable, with a clear mind.

(*Continued on Page 42.*)

No. 8498.—An Up-to-date Serge Bathing Dress.

For Descriptions see Pages 31 to 34.

Price of Paper Pattern, Dress, 1s. 0½d.; Knickers, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8499.—Gown for Pier or Casino.

For Description see pages 31 to 36.

Price of Paper Pattern, Princess Dress, 1s. 6½d.; Skirt, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Descriptions of Our Illustrations.

A Striped Zephyr or Linen Frock.

No. 8455, Page 3. Five-gore skirt with lapped seams (see that stripes run straight down centre of each breadth). Decorate with a band of plain zephyr or linen. Pretty blouse of the striped material decorated with centre box pleat and two shoulder bands (passing over shoulders) of the plain material. Close with buttons and buttonholes in front pleat. One-piece shirt sleeve. Peter Pan collar and cuffs of broderie. 36-inch striped material, 10 yards.

A Lovely Blouse with the New Sleeve.

No. 8456, Page 6. A front and two backs of white Oriental satin tucked in groups on flat pattern. Added shoulder straps of the satin. This is mounted on a three-piece square yoke of lace. The sleeve is tucked to flat pattern, and is finished with a full elbow puff—the new style—arranged into a lace cuff. Lace Peter Pan collar. Bow and belt of coloured velvet. 44-inch satin, 1¾ yards.

For Description of No. 8457, see page 6.

Hot Weather Coat and Skirt for Shantung, &c.

No. 8458, Page 7. Five-gore skirt, simply hemmed. Elegant coat with two-piece front. Back and front seams are lapped. Line front centres firmly with muslin and shantung. The edges close over each other with points alternately to right and left. Very smart model. Two-piece sleeve. Collar and cuff are faced with black satin. Line coat with very thin silk. 31-inch shantung, 10 yards.

A Lovely Utility Frock for Country Visits.

No. 8459, Page 8. It can be worn with any blouse, day or semi-evening. The skirt is an excellent pattern, to the waist at back and sides, but with high front, so that it looks capital with a cut away Empire coat of the same material (see No. 8457). Skirt is separate from blouse and overblouse (this last should be of the skirt material), and its front flap hooks on to the belt, overblouse and blouse with very small hooks and worked loops. Skirt is in three pieces, seamed at back, lapped at sides in graceful curves. It closes at left side or back. The overblouse is in two pieces—each front and back in one, hemmed with black satin or velvet ribbon, provided with a stiffened velvet strap to lie on the sleeve. The blouse is a lovely model of white silk muslin and lace. The lower part is of lace (lined with Brussels net), and the upper part is a three-piece deep yoke cut out of tucked muslin. The sleeve is of lace, with the new elbow puff of muslin and a lower sleeve of tucked muslin. The belt is of black satin or velvet, which passes beneath the tablier top. Velvet or satin buttons on skirt. Excellent model for natural shantung or cream sicilienne alpaca. 48-inch material for skirt and overblouse, 5½ yards.

No. 8500.—New Knitted Coat.
For description see page 12.

For Description of No. 8460, see Page 8.

Smart Wrap of Fine White Serge, &c.

No. 8461, Page 10. Two two-piece fronts, two sides, one back panel. Lapped seams, open front and back. Decorate with green velvet buttons and green cord buttonholes. Face fronts with serge. Facing to roll collar is green velvet. Sleeve is lapped like two-piece fronts, and similarly trimmed. Line with white silk, cut on coat pattern but seamed apart, the edges slip-stitched to stitched serge edges and front facings. 48-inch serge, 7 yards. Sleeve and front laps are piped with velvet.

Linen or Shantung Overcoat.

No. 8462, Page 11. Unlined except for facing fronts and reefer collar with the material. Single-breasted, semi-fitting. Two-piece sleeve with buttoned cuff. Large pearl buttons close coat. The waist is high at back. 31-inch shantung, 7 yards.

A Charming Linen Overdress.

No. 8463, Page 12. Five-gore skirt decorated with two false tucks (doubled bias bands). Top is stitched into a linen band, which also holds the one-piece kimona overblouse. Dress closes at back. A pleat on each shoulder (wheel-marked on pattern) is decorated with large linen buttons and braid false buttonholes. Wear over

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HOT WEATHER OUTFITTING FOR COUNTRY VISITS.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Dressing Gown, 1s. 0½d ; the other models, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

any lace or muslin blouse. 72-inch pillow linen, 4½ yards.

Striped Mousseline de Laine Blouse.

No. 8464, A full back (stripes on straight), **Page 13.** two fronts (stripes on cross), a one-piece yoke (stripes at back horizontal), a one-piece sleeve (stripes on cross), a cuff band (stripes horizontal). Collar band with revers. Added French stole collar of lawn. 42-inch material, 1¾ yards.

Tucked Striped Shirt.

No. 8465, Back and two fronts, tucked **Page 13.** (tucks wheelmarked on pattern), central box-pleat cut with right front. Stripes on straight. One-piece American yoke, stripes on cross in front, horizontal at back. Shirt sleeve, stripes on straight. Cuff band with stripes horizontal. Turn-over collar. 31-inch striped shantung, 3 yards.

Tucked Canvas Blouse.

No. 8466, Blouse is a very pretty one, tucked **Page 13.** back and front (tucks wheelmarked on pattern). The neck is cut low, edged with lace, which continues down the left side. Blouse closes on left. Vest and collar of muslin, arranged on flat pattern. The sleeve is of tucked canvas, cut from tucked material. 42-inch canvas, 3 yards.

Blouse of Voile, Silk, Muslin, &c.

No. 8467, A front and two backs, tucked **Page 13.** (tucks wheelmarked on pattern), and decorated with lace. Cut away material beneath lace. Deep collar, supported on bones, finely tucked at top edge to flat pattern. Long sleeve. 42-inch material, 2 yards.

Little Girl's Muslin Frock.

No. 8468, Pattern cut for a girl of eight. **Page 14.** Full skirt inset with lace band. Full blouse decorated with lace, low-necked, filled in with a yoke cut from tucked muslin. Long ruffled sleeve. 36-inch muslin, 6 yards.

No. 8508.—Smart Foulard Blouse.
For Description see pages 31 to 36.
Price of Paper Pattern, 6½d., post free, of Madame Myra, 10 *and* 11 *Fetter Lane, E.C.*

Girl's Linen Tunic.

No. 8469, Arranged in box-pleats back and **Page 14.** front. Close at back. Yoke of embroidered linen. Epaulet edged with embroidery. Long tucked sleeve, cut from tucked linen. 36-inch linen for a girl of seven, 4 yards. Linen belt. Pearl buttons.

A pretty Frock of Striped Cotton or Flannel.

No. 8470, Five-gore skirt pleated in groups, **Page 15.** stripes running straight down centre of breadths. Pleats are wheelmarked on pattern, and turn to front and back centres like blouse tucks. Beautiful blouse cut on straight. fronts and back tucked (tucks wheelmarked on pattern), arranged into a one-piece American yoke with stripes horizontal at back. Central box-pleat cut with the right front. Belt of the material, stripes horizontal. Shirt sleeves with stripes on straight, arranged into a cuff with stripes horizontal. Peter Pan lace collar. Cord knot at neck, matching darker stripe. 29-inch striped zephyr, 10 yards.

A Blouse and Skirt of Tussore or Linen.

No. 8471, Five-gore skirt, two sides and two **Page 15.** backs. The double box-pleat tablier has pleats wheelmarked on pattern. Tuck sides and back to flat pattern. Trim tablier with false braid buttonholes and buttons of the material. Beautiful blouse, front and backs tucked (tucks wheelmarked on pattern). The last pleat is deeper, decorated like tablier. Front is slit to hold pretty muslin frill, buttoned at top, closing invisibly beneath full muslin jabot. Buttons like skirt. Coat sleeves, open, decorated with buttons and a frill. 36-inch material, 8 yards.

Smart Hats for the Holidays.

Nos. 8472 to 8474, No. 8472. A good **Page 16.** travelling hat of burnt straw, the new shape with brim well raised on the left. It is simply trimmed with wide purple silk ribbon. No. 8473. River or country "sun" hat of white spotted net gathered on a wire frame, draped with blue ribbon and a wreath of small

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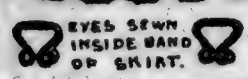

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pink roses. No. 8474. Travelling hat of soft brown straw, with *cloche* brim and a draped crown. Shaded brown feather.

A Golf or Shooting Dress.

No. 8475, Page 17. Looks well in shrunk firm grey tweed. Five-gore skirt; short, cut smartly full at feet. Only stitched hem is lined. Smart coat, neatly fitted, but not tight, the waist short at back. Stiffen double-breasted fronts and face to lapped seam with the tweed. Added pockets with flaps on left breast and basque. Back seams are also lapped. Face reefer collar with the tweed. Close with bone buttons and buttonholes. Two-piece coat sleeve. Line with white silk cut on coat pattern, but seamed apart, 52-inch tweed, 6 yards. This is a capital travelling, motoring, or cycling dress. Should be worn over tweed knickerbockers.

Shooting, Golfing, or Cycling Dress with Smart Norfolk Coat.

No. 8476, Page 17. Plain four-gore umbrella skirt. Front seam lapped. Decorate with stitched strap of the material, finished with mitred ends in front held with metal buttons. To be made of stout tweed. Unlined except for stitched hem. Wear over tweed knickers. Beautiful Norfolk coat with two-piece fronts, front centres cut with yoke. The yoke is very smart, lapping over an added lapped shaped band. Lapped seams front and back. Metal buttons. Face fronts with the tweed. Close with metal buttons. Face reefer collar with the tweed. Added pocket with buttoned flap. Two-piece sleeve with buttoned strap at wrist. Line with silk, cut on coat pattern, but seamed apart, edges slipstitched to stitched coat edges and front facing. 52-inch tweed, 6 yards.

An Elegant Over-Dress.

No. 8477, Page 18. Beautiful model for serge, Shantung, linen, cashmere, &c. Front is semi-fitting, in one piece, slightly draped by being drawn up at the sides to follow lines of figure. This joins the one-piece back, which is gathered at high waist beneath a silk drapery passed through buckles. Two elastics, joining buckles underneath, pass round the waist beneath front, and not only keep blouse in place, but keep drapery taut to waist. Back laps over front and closes on left, where a few buttons and braid loops appear. Close with hooks and eyes, the loops on left passing over buttons. Armhole is very large. Wear over any blouse. Requires double-width material. 72-inch pillow linen, 3½ yards.

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SEASIDE AND COUNTRY STYLES FOR YOUNG GIRLS.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Pleated Skirts, each 1s. 0½d.; *Coat, or Blouses, each* 6½d.; *Overblouse,* 3½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Serge or Linen Overdress.

No. 8478, Page 18. Capital model, to wear over any blouse. A full length front panel (lapped seams), two circular sides of skirt, two fronts, a back. Close in left lapped seam with Newey's imperial spring hooks and Neweye bars. A drapery of ribbon covers waist seam of sides and back. Waist is short at back. Stitched hem. Large armhole. Added epaulette. Decorate with false buttonholes and buttons. 48-inch serge, 5 yards.

Beautiful Linen Overcoat.

No. 8479, Page 19. Use fine pillow linen and coarse lace. The coat is semi-fitting—a back, four sides, two fronts, an added front to basque only. Edge the basque with a shaped band of lace, lined with net, hemmed with linen. The tapering front of this lace band separates basque from the added front. Elegant fichu collar gathered into the waist beneath a wedge of linen. The collar is inserted with lace near the neck. Coat closes with hooks and eyes, edge to edge. Two-piece sleeve, with cuff of the lace, hemmed with linen. 72-inch linen, 4 yards.

Frock of Spotted Cotton or Foulard.

No. 8480, Page 19. Full five-gore skirt, sides, backs of spotted material, gathered at the waist. The lower part is of the plain material. Tablier of the plain material, shorter, ending in points on the deep plain band which edges the skirt. Smart blouse. Front panel cut with yoke and two back yokes of the plain material. Full fronts and backs of the spotted fabric. Tucked one-piece sleeve of the spotted fabric. Peter Pan collar and cuffs of lace. Front panel is cut with slots, worked, to hold the ends of the satin tie. 31-inch cotton: spotted, 8 yards; plain, 4 yards.

"Being a dressmaker, I find your journal most useful to me, and feel I do not like to be without it."—F. M.

Linen Coat and Skirt inserted with Lace.

No. 8481, **Page 20.** The well-cut skirt of tussore-coloured linen has the front prettily inset with coarse white lace. Semi-fitting coat of the linen inset with lace to simulate an Empire top. Pocket flap is headed with lace. Two-piece sleeve inset with lace at the wrist. Cut away linen beneath lace. Collar is of lace, hemmed with linen. Close with a single hook and eye. Tie of black satin. 36-inch linen, 12 yards.

White Linen Coat and Skirt.

No. 8482, **Page 20.** Looks well in shantung. The pretty skirt has front panel with lapped seams, decorated with buttons. The elegant coat closes in the fashionable way with three large buttons. Decorate pocket with buttons. Collar of broderie. Two-piece sleeve with large cuff. Bind cuff and collar with linen of a different shade. 36-inch linen, 12 yards.

A Striped Linen Frock.

No. 8483, **Page 21.** Skirt cut in two gores, seamed back and front, stripes on cross. Join up breadths to supply sufficient width, making stripes meet nicely. Front seam is covered with a band of horizontal stripes. Trim skirt edge with a broad band of horizontal stripes. Blouse has two backs and two fronts of linen cut in one—backs straight, fronts on cross. Edge fronts and backs with horizontal stripes. Close at back. Vest and sleeves of tucked muslin and lace (tuck material before cutting). Vest, blouse, and skirt are all stitched together, a band of linen with horizontal stripes being stitched on high waist seam for a belt. Striped sleeve on cross, decorated with band of horizontal stripes. Very pretty model. 30-inch material, 10 yards.

A Linen Skirt and Overblouse.

No. 8484, **Page 21.** Skirt is in five gores, tablier with lapped seams. Sides and tablier are decorated with a band of striped cotton. Skirt is stitched to the overblouse beneath the stitched-on belt of striped cotton. Overdress closes at back. The bodice part consists of a linen kimona, decorated with shaped bands of striped cotton. Wear over any blouse. Excellent model. 36-inch linen, 9 yards. Can be made up as a separate skirt and overblouse.

No. 8512 No. 8518

CHILDREN'S BATHING DRESSES.

For Description see Pages 31 *to* 36.

Price of Paper Patterns, each 6½*d., post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

Elegant Coat and Skirt for "Natural" Shantung.

No. 8485, **Page 22.** Five-gore skirt with broad tablier, decorated with false buttonholes of black satin and buttons covered with the satin. Elegant coat—two backs, four sides. Two single-breasted fronts. Seams back and front are decorated like skirt. Coat closes with three large black satin buttons, Face roll collar with black satin. Line coat with black and white striped silk. Two-piece sleeve, decorated with buttons. 42-inch Shantung, 8 yards.

Smart Coat-and-Skirt of White Serge.

No. 8486, **Page 22.** Five-gore skirt, unlined, with simply stitched hem. Smart coat with one-piece diagonally closing fronts. There are four sides and a back. Face fronts with the serge, and close with black satin buttons and braid loops. Line with white silk. New large cape-collar of serge, edged with black silk braid. The braid also decorates the revers facing (cut with front). Two-piece sleeve with braided cuff. 52-inch white serge, 7 yards.

Smart Design for Striped Tweed, Alpaca, &c.

No. 8487, **Page 22.** Six-gore pleated skirt of striped material, cut on cross. See that stripes join at seams in V points. Wear over a silk foundation skirt, mounted together at top and opening only. Trim with a cross-cut broad strap edged with black satin. Smart coat with two-piece front, front and back centres on straight, side pieces on cross. Face fronts with the material. Coat closes only on the bust with two buttons. Face fronts with the material, adding slipstitched revers of black satin, the satin forming a band beneath neck. Two-piece coat-sleeve on cross, stripes meeting in V points. Coat is lined with silk. 48-inch material, 7 yards.

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—Sir W. TEMPLE.

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A Princess Dress and Detachable Shoulder Cape.

No. 8488, **Page 23.** Princess dress in seven pieces, draped slightly on a nine-piece boned lining to hip. To this lining is stitched the five-gore foundation skirt. Good model for Shantung, French serge, fine cloth, &c. The edge is decorated with several rows of silk braid. Neck is cut low, braided, filled in with a little chemisette. Two-piece coat sleeve, braided. One-piece cape, cut in handsome points, braided at edge and silk lined. Fronts cross over and close with braid buttons and braid loops. New and very useful mid-season model, very smart, 48-inch material, 9 yards.

Double-breasted Coat and Pleated Skirt.

No. 8489, **Page 23.** Good model for serge, Shantung, light tweed, &c. Five-gore pleated skirt, simply hemmed. The pleats are wheelmarked on pattern. Smart coat to match—two double-breasted two-piece fronts, a back, four sides. Seams back and front are braided. Face fronts with the material, and close with buttons and buttonholes made in right facing. Braid brandenburghs buttoning on left. Elegant silk braid buttons. Roll collar faced with satin matching braid. Two-piece sleeve, trimmed braid. Line with silk, cut on coat pattern but seamed apart. 48-inch material, 8½ yards.

A Tweed Travelling Gown.

No. 8490, **Page 25.** Looks well in linen, flannel, serge, or alpaca, &c. Five gore skirt. Unlined. Mount at waist over a five-gore foundation skirt. Hem the skirt. Smart coat, neatly fitted, but not tight, the waist short at back. Stiffen fronts and face with the material. Close with metal buttons and cord loops. Two-piece coat-sleeve. Line with striped silk cut on coat pattern, but seamed apart. Wide reefer collar faced with the material. 48-inch material, 8 yards. For patterns of flannel or serge send to the South Devon Serge and Blanket Warehouse, Teignmouth, Devon.

A Linen Coat and Skirt.

No. 8491, **Page 26.** Makes up well in white serge or natural Shantung, &c. The five-gore skirt, is trimmed with braid to simulate an added shaped flounce. The high waisted coat is decorated with braid to simulate an added basque and front centres. Face collar with dark linen or satin (according to material). Braid edges collar and decorates front round the big buttons. Two-piece sleeve with material stitched on to simulate a cuff, matching collar facing. 31-inch material, 12 yards.

Back Views of Nos. 8485 to 8490 (Pages 22 and 28).

Motoring or Travelling Coat.

No. 2492, **Page 27.** Of chequered cream and grey tweed, the collar faced with tweed and slipstitched cream cloth, outlined with very narrow grey braid. Two backs and two double-breasted fronts, fronts faced with tweed. Large grey bone buttons. Decorate collar with smaller buttons, and grey braid false buttonholes. Large two-piece sleeve, the cuff faced and decorated like collar. 52-inch tweed, 6 yards.

A Smart Blouse.

No. 8493, **Page 27.** A pleated front and two pleated backs of fine pillow linen, pleats wheelmarked on pattern. Neck is cut low in front, filled in with a vest cut out of tucked net. Tucked collar of net, tucked to flat pattern. Elegant shaped panel of the linen passing over shoulders, scalloped and worked at edge, cut with worked slots through which the ribbon tie is passed. Blouse closes at back. Pleated sleeve, the linen folded on flat pattern. 72-inch linen, 1½ yards.

A Seaside Coat and Skirt.

No. 8494, **Page 27.** Of Navy serge. Smart 5-gore skirt with pleated tablier, simply hemmed. Graceful semi-fitting coat of the serge, closing with four white cloth buttons embroidered with blue anchors. Seams front and back are lapped (lap given in pattern). Pocket flaps are decorated with the embroidered buttons. Large collar, faced with white cloth, embroidered with anchors in navy silk, edged with navy silk braid. Two-piece sleeve with white cuff trimmed with braid and buttons. Face fronts with white cloth and line coat with white silk. 48-inch serge, 7 yards.

Dainty Foulard Blouse.

No. 8495, **Page 27.** A tucked back and two tucked fronts, central box pleat cut with right fronts. Tucks and pleat are wheelmarked on pattern. Tucked one-piece shirt sleeve (tucks wheelmarked on pattern) with foulard cuff, edged lace frill. Peter Pan collar of broderie, edged lace. 22-inch foulard, 2¾ yards.

Seaside or Boating Dress.

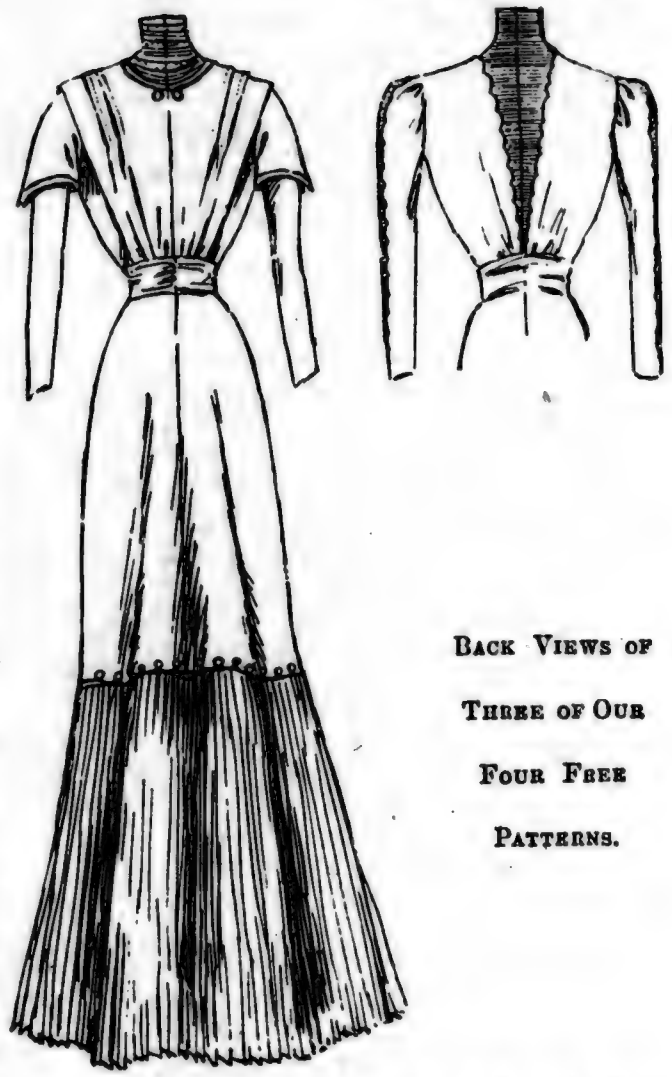
No. 8496, **Page 27.** Pleated skirt of mauve casement cloth or zephyr, trimmed with bands of the cloth edged with a cross-cut band of mauve and-white striped linen or zephyr. Pleats are wheelmarked on pattern. Charming overblouse of the casement cloth, closing at back, seamed on shoulder. It is low necked, and is cut-out on shoulder very prettily, edges bound with the striped linen. This is worn over any white blouse; that illustrated is of white muslin, decorated with lace. 31-inch casement cloth, 12 yards.

Blouse of Striped Linen, Zephyr, Foulard, &c.

No. 8497, **Page 27.** A tucked back and two tucked fronts, cut on straight. Tucks are wheelmarked on pattern. Added front box-pleat on cross. Scanty shirt sleeve on straight, the cuff cut on cross. Peter Pan collar of broderie. 29-inch striped linen, 2¾ yards.

An Up-to-Date Serge Bathing Dress.

No. 8498, **Page 29.** Tunic is made on the principle of a blouse suit—a front centre panel, full length, a two-piece skirt and three-piece blouse (finished with serge belt) all stitched together. Fasten on left side. Strap with silk and decorate with wood buttons covered with silk. Small bell sleeves to match. Two-piece knickers, drawn up with a runner at waist and knees. 48-inch serge, 6 yards.



Back Views of Three of Our Four Free Patterns.

Gown for Pier or Casino.

No. 8499, **Page 30.** A Princess dress worn over a five-gore skirt, the lower part of which is veiled with broché. Soft silk and wool or silk is used for the Princess gown, mounted on a fitted lining to hip, the top of which and the sleeve are of the broché. Belt of satin or velvet matching darker broché. 22-inch silk, 10 yards, 22-inch broché, 4 yards.

Hot Weather Outfitting for Country Visits.

Nos. 8501 to 8507, **Page 32.** No. 8501. Breakfast gown, skirt tucked to flat pattern. Empire bodice made up to pattern, with tucked material and lace insertion. Sash of ribbon passed through beading. Sleeve like bodice. 36-inch muslin, 10 yards. No. 8502. Embroidered veiling night dress, yoke embroidered and threaded with ribbon, tucked sleeve edged with scalloped flounce. 42 inch material, 5 yards. No. 8503. New-shape drawers, buttoning at back, of fine long-cloth decorated with broderie and ribbon-threaded band. 36-inch material, 3 yards. No. 8504.— Evening chemise, top made up of broderie insertion and flouncing, threaded with ribbon. Chemise is of muslin (2 yards). No. 8505.—Drawers to match (muslin, 3 yards). No. 8506.—Divided skirt of muslin mounted into a shaped band, decorated with lace. 36-inch muslin, 5 yards. No. 8507.—Cool nightdress to match Nos. 8504 and 8505. Yoke and sleeves are of broderie flouncing and insertion. Gown is of muslin, 36-inch muslin, 4 yards.

Smart Foulard Blouse.

No. 8508, **Page 33.** Large-spot foulard forms front, back, and long sleeves. Strap with plain foulard, matching spot. Yoke and band collar of net. 22 inch foulard, 3½ yards.

Girl's Coat-and-Skirt.

No. 8509, **Page 34.** Pretty model for navy serge; skirt at sides and backs is hemmed Tablier has lapped seams, decorated with bi buttons, covered with blue and white striped silk. Pretty coat closing with striped buttons; seams back and front are lapped. Coat is lined

No. 8514.—The Swimmer's Bathing Dress.

For Description see pages 31 *to* 36.

Price of Paper Patterns, Dress, 1s. 0½d.; *Added Skirt,* 6½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

and faced with striped silk. Strap collar of white cloth. 48-inch serge for a girl of fourteen, 5½ yards.

Girl's New Skirt and Overblouse.

No. 8510, **Page 34.** Skirt is same style as the free skirt pattern. Overblouse in one piece, closing at back. Excellent model for serge or linen. Blouse of spotted cotton. 48-inch serge, 5 yards.

Girl's Striped Zephyr Frock.

No. 8511, **Page 34.** Sides and back of skirt are tucked at waist (tucks wheelmarked on pattern). Tuck lower edge to coat pattern. Tablier with lapped seams, decorated with pearl buttons. Pretty shirt blouse, tucked, closing in front box pleat. Tucks and pleats are wheelmarked on pattern. Peter Pan collar and cuffs. 29-inch zephyr, 8 yards.

Girl's Bathing Dress.

No. 8512, **Page 35.** This is a combination of serge, buttoning down the front. It is trimmed with striped linen or cotton. For a girl of six, 42 inch serge, 1¾ yards.

Boy's Serge Bathing Dress.

No. 8513, **Page 35.** A very good model, a loose combination with large armhole, buttoning on the left shoulder. For a boy of six, 42-inch serge, 1¾ yards.

The Swimmer's Bathing Dress.

No. 8514, **Page 37.** A combination of Navy serge, trimmed with striped red-and-white cotton. The anchor is worked in red and white cottons. The skirt is detachable, to slip over the costume when the swimmer is out of the water. Very good model. 48-inch serge, 5½ yards.

NOTE.—In sending remittance for paper patterns our readers will greatly oblige if they send it in halfpenny stamps, or in P.O. in preference to penny stamps.

Employment Bureau.

SPECIAL NOTICE.—Will correspondents please read the rules carefully regarding notices for re-insertion in the Register, and letters to be forwarded? Inattention causes delay and trouble.

NOTICE.—The printed notice *must be cut* out of the Register for re-insertion each month.

LETTERS TO BE FORWARDED.—These must be fully prepaid, and must bear the Register number at the top left-hand corner. No letter will be forwarded unless it is accompanied by the writer's name and address—not for publication, but as a guarantee of good faith.

ALL LETTERS must be sent to Miss Winifred Jones, Employment Bureau, 10 and 11, Fetter Lane, E.C. If to be answered by post, six penny stamps must be enclosed, and a stamped, addressed envelope.

TO BE ANSWERED in these columns in the next number, letters must reach the office on or before the 25th of the month.

NOTICE.—May I once again point out to my correspondents that letters intended for this Bureau should be addressed to me personally, and that unless this is done some delay must inevitably occur.

FREE REGISTER.

No. 381.—Costumes complete or ladies' materials. Blouses. Highly recommended. Moderate charges. (Tonbridge.)

No. 701.—Dressmaking.—At home or ladies' houses. Any sort of work. Good references. (Greenwich.)

No. 692.—Dainty hand-made lingerie at moderate prices. Nightdresses and camisoles a speciality. Orders solicited.

No. 713.—Ladies' and children's dressmakers. Renovations. Ladies' own materials made up. Moderate charges. (S.W.)

No. 714.—Poker work, oil painting on velvet, wood, &c., also sil-vel, mosaic, water-colour painting, staining on wood frames, painting on satin. Orders solicited. Moderate charges.

No. 715.—Excellent needlewoman undertakes plain and fancy work of all descriptions. Makes patterns in knitting.

ANSWERS TO CORRESPONDENTS.

All letters must be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Where a Girl can Learn Dressmaking (Mrs. C.).—I sent you several addresses where your daughter could obtain instruction in the day time. If properly taught, she should have little difficulty in making up dresses from Myra patterns, which, as you know, are exceptionally well cut. I also send you some addresses of visiting dressmakers who would do renovations. I should be glad to know whom you employed and your opinion of her work.

Dressmaker (Mrs. H., Tonbridge).—I am sorry to say your notice was too late, but it will go in this month without fail. I think your idea of the hangers quite good. The great thing is to keep your name prominently before people; memories are short nowadays. The fact that your customers recommend you speaks for itself, and I am sure in time your business will be as big as you can manage.

Work for Pocket-money (T. de G.)—I would so gladly help you if I could, but honestly, unless you can do something quite novel, and do it at a sufficiently low rate to appeal to the general public, it is not easy to make much by fancy work. I hope you will do as I suggest about the shops, and also by the the various societies I mentioned to you. I am putting you on my Register, as that might result in some orders; at any rate, later on.

Worker Wanted (Mrs. B.).—Our rules are very clearly stated, and I regret that I cannot depart from them. The worker you inquire about has given great satisfaction to various people to whom I have given her name, and I shall be delighted to put you in communication when you fulfil the necessary conditions.

Smart Dressmaker Wanted (Mrs. L. P.).—I gave you some addresses, and I hope one of them suited you. As I stated in my letter, what suits one lady is of no use to another, but I always advise people to ask for references, &c., and to form their own conclusions as far as possible. I once had a worker recommended to me as "very good at detail," who was absolutely hopeless in that very respect. In any case, I fear you are looking for what everyone wants, but seldom finds.

Fine Lingerie (M. L. R.).—I am indeed glad to hear that the letter I sent you has led to "an order and a steady supply of work." As you say, the fact that you have had an order from Scotland and another from Ireland proves how extensively Myra is read. At the same time, some of my readers have had orders from the Malay States, from India, America, &c. I am also glad to hear my article in last month's issue interested you so much, and what interests *me* especially is that it is owing to my advice, you say, that you took up the making of fine wear, which you are told, is "evidently your forte." I quite agree that you can make your living at it, if you are really good, and also that it is delightful work. Moreover, I think that just at present, there is quite a feeling for daintiness in that direction. I read your letter with great pleasure. It is a real satisfaction to feel of use to my readers.

Worker Wanted (Miss S.).—I am always willing to reply privately provided that six penny stamps and a stamped envelope are enclosed, but to this rule I can make no exception in common fairness to all.

(*Continued on Page* 42.)

I have taken your journal for seven years, and find it very useful.—L. Bradbury, 38, Gladstone Avenue W. G., N.

Health and Beauty.

By MISTRESS ANNE PAGE

All Letters to be addressed to Mistress Anne Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Denise.—Dental surgeons recommend Cultone Tooth Polish (1s. 1d. sent to the manufacturers, Messrs. Thos. Belvoir and Co., 25, New Southgate, London, N., will bring you a block of this sufficient to last you six months, in a nice ivorine box), and say that it is best for the teeth when used with a rubber tooth-brush, such as the "Hygeia" that is sold for 2s. 3d. post free by the makers, the M-Highwater Laboratory Co., 1-118, Exchange Buildings, Southwark, London. Clean your teeth twice a day with these, rubbing up and down, across, before, and behind, so that all their surfaces are reached, and your mouth will feel sweet, your breath will be dainty, and the teeth will be pearly white and gleaming, and neither tartar nor decay will touch them.

Patience.—When it is most important that you do not show a single grey hair and you have detected a few when brushing your hair in the sunlight, the only thing that you can do will be to use a good dye such as Jappo Light Brown (or whichever way you usually describe your shade, because Jappo is made in every shade that is natural to hair), and to very carefully take this down the locks in which the streaks appear. Jappo can only be obtained from the Teinture Syndicate, 285, Regent Street, W.; it is in one liquid, easy to apply successfully, and perfectly harmless to hair and scalp. The price is 2s. 2d. a bottle, or you can have a little sample to try its effect for 7d., post free.

Valeria.—Dr. Hommel's Hæmatogen is one of the best things you can take with a view to curing your tendency to anæmia; it is sold by all chemists, and the medical profession continually prescribe it. In diet live well, but avoid salt and salted meats of every description.

Olive.—Asparagus is one of the best vegetables for you, but it is getting rather late in the season for it now, though if still obtainable it will be quite cheap. It is considered to be very good for those who, like yourself, are rather weak in throat and chest, and you should eat the green "head" part of it freely; it is also of benefit to those who have kidney trouble, or who suffer from palpitation of the heart. It is also said to inspire sweetness of temper and gentle thoughts by soothing the nerves. You should write to the Secretary, the Vegetarian Society, 257, Deansgate, Manchester, for a list of books concerning vegetarianism, and you will find that from this you can choose several that will prove most interesting and instructive, many of them only costing 1d. each. Thompson's Voice Parvules (1s. 9d. per bottle), or his New Voice and Throat Lozenges for Clergymen, Public Speakers, Singers, &c. (1s. 1½d. per box), would be invaluable to you, and I advise you to get some without delay from the maker, Mr. M. F. Thompson, M.P.S., the Homœopathic Chemist, 17, Gordon Street, Glasgow, and to ask him to enclose with it, free of further charge, his "Concise Guide to Health and the Treatment of Common Complaints."

D. V.—Meat may, or may not, encourage cancer, consumption, and rheumatism; but it is not from fear of any of these, or any other bodily ailments, that thoughtful people in such numbers are becoming vegetarians, but because they believe that we have no right to cause untold cruelty to other living things, and to kill them in order that we may live. With regard to books that will help you, see answer to "Olive" in this issue. Of course, it is the best possible thing to keep pure within as well as without, as regards both the body and the mind, but I certainly do not advise you to live for a week on water alone in order that you may attain to purity, though I believe this has been done by a well-known man with the greatest success. It would be better for you to take a course of Whelpton's Vegetable Purifying Pills (sold by all chemists), to drink just as much pure water (to the exclusion of all other beverage for the present) as will quench your thirst, to eat fresh and somewhat acid fruits, and to gradually change your present mixed diet to a well-chosen vegetarian one, for sudden radical changes are seldom beneficial to health.

Dylis.—It is best to be neither too thin nor too fat, and as you incline to extreme thinness, and especially to flatness in the bust, you should give yourself the Temple Treatment, which will soon give you a lovely and quite proportionate figure. Write for particulars of this treatment to Mme. G. H. Temple, the Temple Association (Dept. 115), 8, Blenheim Street, Bond Street, London, W. As to the kind of foods that you should eat in order to improve your personal appearance, see my article on page 16 of the June number of Myra's Journal.

Gertie.—The book that will give you the help you want with regard to your little one is "Hints About Baby," by a trained nurse. This is published by Josiah R. Neave and Co., Fordingbridge, via Salisbury, and this firm will be pleased to send you, or any reader of Myra's Journal who will apply to them for it, a copy of this valuable manual, gratis and post free.

Joan.—The evening dress shown on the right-hand figure on page 19 of the June number of Myra's Journal is calculated to make a short and rather stout girl look taller and slimmer, and you would find it most becoming. You can easily do the embroidery for it yourself by getting the full-size transfer, which is sent for 6½d., post free, from Mme. Myra, 10 and 11, Fetter Lane, E.C. Dr. Ritter's Specific (2s. 6d. a case from D. O. E. Horn, 4, Bryanston Road, Bournemouth) is an excellent reducer to take, and quite harmless.

Worried Martha.—Girls and boys about the age of sixteen years frequently suffer from pimples and blotches in the face and between the shoulders, but you can soon cure your children of these disfigurements by bathing the affected skin every night with hot water, and then anointing it with Mason's Cream of Sulphur, which is sent for 2s. 9d. by Mr. Mason, 25, Bank Plain, Norwich. Give them nourishing, but quite simple foods, and let them be in the fresh air as much as possible, taking good walking exercise in preference to bicycling, which is apt to over-heat the blood. A daily bath is essential for both of them, and while in it they should lather well with John Knight's Family Health Soap, which makes a purifying antiseptic lather, and of which you can get two large tablets, weighing 6ozs each, for 3d. at any chemist's, and possibly at your grocery stores. The daily use of this soap tends to keep the skin healthy and to free the pores from the obstructions that lead to blackheads and pimples.

Nellie.—Many years ago Clarke's Blood Mixture used to be prescribed as the best specific for the cure of rheumatism, so you need not hesitate to take it for that purpose in your own painful case. It is sold in bottles at various prices, commencing at 2s. 9d., by all the leading chemists, and it certainly clears the blood of that which is detrimental to health, and then enriches it.

Mumsie.—Your baby will cut her teeth more easily, and without risk of convulsions, if you give her Fennings' Children's Powders, which are sold by chemists everywhere in boxes at 1s. 1½d. and 2s. 9d. You will find directions enclosed. You will find answers to your other questions in an article called "Baby's Teeth and How to Take Care of Them" (by Dame Deborah Primrose) on page 26 of the issue of "Woman" for June 9. Messrs. Beeton and Company, Limited, 10 and 11, Fetter Lane, London, E.C., would send you a copy post free for 1½d., and you will find much useful and interesting information in this excellent magazine, which is published at 1d. per week.

Veronica.—To keep your skin free of blackheads you should have a full bath every day, lather yourself well while in it with a good soap, rinse off the lather, they dry with towels, and finally rub your body all over with your hands. This method gets the skin into good working order. Then you should wash your face in tepid soft water, using Dr. Harlan's Beauty-Complexion Massage Brush freely (this has its own soap in it), and finally you should rinse in cold water to tone up the tissues and brace the muscles. This Complexion Brush can only be obtained from the M-Highwater Laboratory Company, 1-118, Exchange Building, Southwark, London, and it costs 4s. 6d. post free. When you have used this daily for a week the improvement in your face will be so manifest that you will never omit to use it every morning. It will last for years.

Ellaline.—You can prevent your bust ever becoming "floppy" by wearing under your corset the lightly boned Zobeide Corselette, a very clever little invention for this purpose, and for reducing the upper part of the figure, sold by Mrs. Maine, "Clovelly," Record Road, Emsworth, Hants.

Pimpernel.—Your hair will recover its natural colour, lose those streaks of grey, and become much thicker if you rub into partings made in all directions on your head, every night, some of Mason's Primrose Lotion (post free 2s. 6d. from Mr. Mason, 25, Bank Plain, Norwich), which is not in the least greasy nor in the nature of a dye.

Joyce.—To keep the skin of your face, neck, and hands beautifully white and soft during the summer, although you play so much tennis and are on the river so much (what a fortunate girl you are!), you should thoroughly wash all that has been exposed during the day in tepid water, softened with a little borax, using a pure, superfatted soap (such as Mason's Norvicia Cream Soap, sent for 6d. a tablet, or 4s. 6d. per box of 12 tablets, post free by Mr. Mason, 25, Bank Plain, Norwich) freely, making the lather on a piece of wiry white flannel instead of a sponge. This method takes away all impurities that have been brought to the surface of the skin from within during the day, as well as those that have settled on it from without. After rinsing and drying, spread evenly over the skin some of that splendid skin food and whitener called "Khala," which is sold at Whiteley's in Westbourne Grove, Bayswater, W., and other well-known stores, for 2s. and 3s. 6d. per pot. There is nothing in this that can encourage superfluous hairs, and it makes the complexion as beautiful and fresh as a little child's.

"Of all the ladies' papers that are published Myra is undoubtedly the very best."—M. H.

HEALTH AND PERSONAL ATTENTION.—See Myra's Answers in "Myra's Journal.'

Extract from POSTAL TOILET LIST.

[New and greatly enlarged edition, with chapters on the care of the hair and complexion, &c., and many new preparations, will be sent by return of post, on receipt of stamped address.] Also illustrated pamphlet on Face Massage and the Care of the Complexion, and Mr. Mason's New Book on the Hair, may be had gratis.

PHILIP H. MASON, Pharmaceutical Chemist, 25, BANK PLAIN, NORWICH.

IMPORTANT NOTICE.—All Articles in this List admit of Postal Transit, and will be delivered free per post in Great Britain at the prices marked, secure from observation, and carefully packed, on receipt of P.O.

DEPOTS ABROAD.—India: The Agra Stores, Ltd., Agra. South Africa: Mr. F. H. Carman, c/o Mr. F. P. Hutchinson, Paarl, Cape Colony. New Zealand: Messrs. Walker and Co., Christchurch. From these Agents any of the Toilet Preparations may be obtained.

JABORANDI HAIR TONIC.—Prepared from selected South American Jaborandi Leaves, containing the valuable alkaloid Pilocarpine. Highly recommended by medical authority as a hitherto unapproachable stimulant to rapid growth of hair. Used not only to prevent the hair falling, but to stop advance of greyness and induce vigorous secretion of the natural colouring pigment. 3s. 6d. amd 10s. 6d. Post free.
"West Kensington.

"The last bottle sent to Miss —— has had a most wonderful effect on her hair, restoring the colour where it was turning grey to a very great extent."
"Chester.

"I thought you would like to know that the growth of my hair since using your Jaborandi Tonic is simply wonderful. I have only used one bottle, and it has grown more than three inches; I could not have believed it." Mrs. ——

PETROLATE OF SULPHUR.—For nourishing the Hair, promoting its growth and improving its colour; preventing increase of greyness and removing that already existing. It has recently been found that a really wonderful amount of success has attended the combinued use of this Petrolate at night and Jaborandi Tonic in the morning in obliterating greyness, and this plan should be tried in every case of greyness, however severe. Price 2s. 6d. Post free.
"Bognor.

"The premature greyness has decreased, and my daughter's hair is in most beautiful condition. Its brilliancy is most marked, and the fall of hair is already much less."
"Mrs. ——

DEPILATORY (POWDER).—Mr. Mason is continually asked by ladies for a Depilatory which will, in one application, not only remove existing superfluous hair, but also prevent its reappearance. He wishes clearly to state that it is impossible to do this. All that can be done is to remove the hair, after which an occasional subsequent application on the surface of the skin will prevent it attaining a visible growth. The above preparation will do this without injury to the skin. 2s. Post free.
"Folkestone.

"Miss —— is delighted with the Depilatory, and finds it the best and altogether superior to any other. She will now never think of using anything else."

SPECIAL GOLDEN-BROWN TINCTURE.—This new and remarkably effective Stain imparts most natural tints to faded, light, and grey hair. It is very permanent and perfectly harmless, containing neither lead, bismuth, nor other metal, and will be found invaluable for meeting the long-felt want for these tints. The tint, when desirable, can be deepened by a second application. Cleanly and easy of application. Prepared in four shades—golden brown, flaxen, flaxen-gold, ruddy gold. Price 4s. 6d. Post free.
"Gloucester.

"Mrs. —— is pleased to say the Tincture gives a lovely shade."
"London, S.W.

"Please send another lot of the Tincture. I am so glad to have found something for my hair that does not wash off."
"Mrs. ——

CREAM OF SULPHUR.—The most satisfactory preparation for the removal of Blackheads, Dry Eczema, Pimples, &c., yet introduced. Used in strict accordance with the directions sent with it, this cream gradually removes all the painful and unsightly effects of Acne, and leaves the skin smooth, soft, and healthful. 2s. 9d. Post free.
"Norwich.

"Miss —— has derived the greatest benefit from the use of the Sulphur Cream, which has completely removed the unsightly blackheads and pimples."

JANSIA EMULSINE.—For preserving and improving the Complexion. A new combination of an effective Face Lotion with a soothing and healing Vegetable Emulsion, which improves the texture of the skin, and imparts a pleasing delicacy and natural bloom. It prevents and removes sunburn and redness, and protects the skin from the effects of exposure to sun, wind, and the atmosphere of crowded assemblies. Price 2s. 6d. and 4s. 6d. Post free.

JANSIA SOAP.—Unrivalled for the Complexion and richly perfumed. This Soap marks an entirely new departure, as it contains various herbal extracts and other substances which are noted for their beneficial action upon the skin. This combination possesses markedly emollient and tonic properties, and the use of this Soap largely improves and preserves the complexion. It is especially adapted for delicate and irritable skins, as it always has a delightfully smooth and refreshing effect, and leaves the skin soft and comfortable. It softens the water and converts it into a balsamic fluid, which makes the skin smooth and supple, and increases the luxury of the bath. Price 1s. 6d. per tablet, 4s. per box of three. Post free.

SKIN FOOD.—For restoring wasted tissue and removing wrinkles. It consists of a bland, fat-forming cream, carefully combined with a small proportion of a suitable astringent, corrects the deficient or faulty secretion, and thus restores the wasted tissue and increases the muscular tone. To this loss of tissue and muscular tone is due the falling away of the face and neck, loss of roundness, and formation of lines and wrinkles, but these conditions can be overcome by a steady use of the Skin Food. The use of this food also enables the skin to retain for many years the clear, smooth, velvety surface that is associated with youth. 2s. 9d. and 7s. 6d. Post free.
"London.

"Your Skin Food is the best I have used, and I have tried several." Mrs. ——.

GLYCORAX.—A new and fascinating Liquid Dentifrice, scientifically adapted to preserve the enamel in a white and pearly condition. It produces a delightful sensation of cleanliness and freshness in the mouth, with a fragrant foam, thoroughly sweetening the breath, and removing all impurity. Its use will tend to stop the further progress of existing mischief in the teeth, and to conserve their sound and healthy state through life. Price 1s. 3d. and 2s. 3d. Post free.
"Limerick.

"Send me by return one dozen Glycorax. I find it wonderful for preserving the teeth." Mrs. ——.

LADIES. LADIES.

MRS. STAFFORD-BROOKES, the Eminent Lady Specialist, has much pleasure in announcing that her REMEDY for restoring health WITHOUT MEDICINE is the only positive, safe, certain, and speedy one known. It acts almost immediately, and does not interfere with household duties. I guarantee every case.

Send at once stamped addressed envelope for full particulars and most convincing testimonials (Guaranteed Genuine under a penalty of £1,000) to Mrs. STAFFORD-BROOKES (25 Dept.), Ardgowan Road, Catford, London.

The Original SCOTCH WHITE WINCEY. Also in colours, checks, and stripes. The ideal fabric for Babies and Children's Dresses, Blouses, etc. Cosy and warm

FOR BABY.

Washes Perfectly, Retaining its Colour.

11½d. to 4/6 per yard.
Everlasting Wear.
Positively unshrinkable. 29in.-72in. wide.
Patterns post free.
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For Restoring, Cleansing, Beautifying, —— and Promoting its Growth. ——
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It is the dirt that is *in*, not the dirt that is *on*, that spoils the complexion. OATINE removes the dirt from the pores of the skin, thoroughly.

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Your future important events foretold. Marriage partner described, business, speculation, changes, legacies, lucky days, planet, &c. Send birth date, 1s. P.O., stamped envelope.—MADAME MARION, 4, Robertson Avenue, Edinburgh. Strictly private. Immediate replies.

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Noses.—The only patent Nose machines in the world. Improve ugly noses of all kinds. Scientific yet simple. Can be worn during sleep. Send stamped envelope for full particulars.
Red Noses.—My long-established medically approved Treatment absolutely Cures Red Noses, 3/6 post free. Foreign, 1/6 extra.
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Indigestion, Anæmia, Liver Troubles cause ugly blotches and pimples.

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Stimulate the digestive organs, rouse the liver, purify the blood, and give renewed vigour, bringing the colour of health and a clear complexion.

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IS A CLEANSING EMOLLIENT OF EXQUISITE PURITY.

KHALA prevents all redness, roughness, or chafing of the skin; by nourishing the tissues it gradually effaces all lines, and absolutely protects the complexion from the ill-effects of exposure to high winds, and extreme heat or cold. To ladies motoring, yachting, mountaineering, etc., it is simply a necessity.

KHALA is not a cosmetic; based on the formula of a great physician it contains neither lard nor glycerine and cannot injure the skin of the tenderest babe.

Price 2s. and 3s. 6d. "Baba" Brand (unscented) for Nursery use, in large jars, 4s.

From the ARMY & NAVY STORES, London, Calcutta and Bombay; HARROD'S, WHITELEY'S; and all first-rate Stores and Chemists.
Wholesale: MAY, ROBERTS and CO.

A DELICIOUS PERFUME.

FEW women of dainty habits omit to have a favourite perfume. People of taste dislike overpowering scents, however, so that perfumes should be carefully selected. It is quite safe to trust the exquisite "Zenobia" perfumes which have the true fragrance of the flowers from which they are distilled at Loughborough; but, as most women prefer to choose their own scents, they can test

the "Zenobia" perfumes for themselves by sending to the Zenobia Laboratories, Loughborough, for a sixpenny sample bottle—a dainty little bijou bottle. A free sample and the illustrated booklet, will be sent, moreover, quite free (on receipt of a penny stamp to cover postage) to anyone mentioning Myra's Journal. For myself I have a predilection for the "Zenobia" "Sweet Pea Blossom," which is the acme of refreshing and dainty sweetness (in pretty bottles, from 2s. 6d). "The Lily of the Valley" is also a delightful perfume (from 2s.). All good chemists and stores stock Zenobia perfumes, which are also mostly to be had in dainty soaps, in sachets, and toilet powders.

FOR THE TRAVELLING OUTFIT.

Whoever is going abroad for their holidays should not omit to add to the many indispensable requisites of the travelling outfit a 2s. jar of "Khala." This curative cream (prepared from the recipe of a very noted doctor) will be found most efficacious, not only for sunburnt and dust-scorched skins, but in cases of insect stings or bites, of eczema, or any abrasions which may occur in mountain climbing, motoring, &c. "Khala" is wonderfully soothing and healing, very pure—it could not injure the most delicate skin—and it is not possible to find a reliable remedy in foreign lands unless we happen to be well conversant with the locality and its inhabitants. "Khala" keeps wonderfully well; even in hot weather it remains pure and sweet. It can be had from Whiteley's, the Army and Navy Stores, Allen and Hanbury, and all first-class chemists and stores.

HOW TO WASH COTTON FROCKS.

VERY few of the dresses that are described as "tub frocks" will stand a visit to the laundry, though they can generally be washed at home if care be taken in the process. It is sometimes a good plan to wash the material—of course, not using soap or hot water—before the dress is made up, for many cottons shrink as badly as woollens, and this always spoils the appearance of a costume.

Self colours are the best in all cases, as, even if faded, they are wearable. Trimmings should be removable, as if a colour runs even slightly into white embroidery the dress is spoilt. Hooks and eyes, or plaquet fasteners, that are guaranteed not to ironmould should be used—such as Newey's "Rustless" Imperial spring hooks and eyes. Waistbelts must be thoroughly shrunk.

Green dresses must, before washing, be soaked for two hours in cold water to which has been added vinegar and salt, in the proportions of two tablespoonsful vinegar and one tablespoonful salt to a gallon of water, and rinsed in this mixture after washing. Pink dresses must be soaked in salted water, and rinsed in it afterwards.

Blue dresses need water in which has been melted acetate of lead—one pennyworth to a bucketful of water. The materials may be soaked for some hours in this before making up, if the colour be one that runs. Hollands must be washed and rinsed in water in which hay or bran—preferably hay—has been boiled. Very delicate colours may be washed with bran alone, no soap being used.

After the dress has been treated according to colour, a soap lather or jelly should be made, either with white curd soap or one of the numerous soap powders now on the market, and added to plenty of warm—not hot—water. The garment must be soused up and down in this a few times, and any soiled parts rubbed lightly on the wrong side. Soap should *never* be rubbed onto the material direct, but, if necessary, a second lather water may be used. Well rinse, seeing that no soap is left in.

Linens, cambrics, and zephyrs should not be starched, but a little thin boiled starch may be added to the final rinsing water of muslins.

Coloured materials should not be dried in the sun or before a hot fire; it is better to hang them in a breezy, shady place, and, failing that, at the side of the fire, spread out as much as possible.

Muslins should be thoroughly dried—if starch has been used—damped, rolled up for a few hours, then ironed on the wrong side with a cool iron. Linens, cambrics, and zephyrs should be partly dried and ironed immediately, on the wrong side.

Muslins, if not starched, may be treated thus: the sleeves of the blouse should be ironed first, and the gathers carefully attended to with the point of the iron; then the front, back, and collar-band. The latter should be ironed straight across, from hooks to eyes; the body part up and down only.

The skirt must be put on a skirt-board, and ironed from the middle upwards, and from the middle downwards. If there are any tucks they may be finished off on the right side with a moderately cool iron. Embroideries should be ironed on the wrong side and pressed heavily on to a thickly-padded board.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

HOMELY RECIPES FOR SUMMER USE.

IN the summer-time girls and women need to take more care of every point of their personal beauty than at any other season, though this ought not to be neglected for a single day, all the year through, if its charm is to be maintained. There are numberless women who have been married for many years, and who are the best of wives and mothers, yet who look fresh and fair, and bright and young as when they were brides; and they will answer, if asked how this is, that it was through their personal beauty they won their husband's love, and through this, plus all other charms that they can cultivate, they mean to keep it. How far wiser these women than those others of whom it is said: "How much they have gone off since they have been married, they seem to take no trouble with themselves now."

If the hair is thick and glossy and a good, rich colour it softens the complexion, and heightens its clearness; but it is apt to get dusty and harsh and dry in the summer unless treated daily. Now, it will not require shampooing half so often, in spite of this, as it otherwise would, if every night the whole of the skin of the head be well rubbed with a piece of flannel saturated with a lotion made by dissolving an ounce of powdered borax and half an ounce of powdered camphor in two tablespoonsful of rectified spirit, and then making the whole up to a quart with boiling soft water. If the water at command is hard it should be softened for this and all toilet purposes with Zobeide Parma Violet Water Softener, to be obtained from Mrs. Maine, "Clovelly," Record Road, Emsworth, Hants, for 1s. 6d. a case post free. Water made soft with this will give a dainty fragrance to hair and skin.

When the lotion has been used the scalp should be massaged with the fingers for five minutes, and then the hair brushed from root-end to tip for ten minutes. In the mornings, before the hair is dressed, partings should be made in all directions, and into each rubbed a few drops of pure olive oil, and then the hair should be brushed steadily for five minutes. If the hair is naturally poor and thin, the following tonic rubbed into the partings on alternate nights with the plain oil will soon improve its condition as well as its appearance: Rj. rosemary oil, ½oz; olive oil, ½oz; oil of nutmegs, 10 drops; tr. of cantharides, 1oz; American bay rhum to 6oz. To be well shaken each time before use.

In order to keep the complexion bright and clear it must be thoroughly washed with tepid, soft or softened water and pure soap night and morning, and then rinsed in cold, softened water to brace its tissues and make the skin fine in texture. If the face wants cleansing during the day it should be done with a liniment composed of equal parts of lime-water and almond or olive oil; the Spanish ladies use the former, and those of Italy the latter, for preserving their beauty of complexion. The lime-water is made by putting 2oz of unslaked lime into a jug, pouring over it a quart of boiling water, and then allowing it to stand all night.

"Your patterns are all so well cut, it is always a pleasure to use them."—C. L. G.

In the morning it must be skimmed, the scum thrown away, and the clear part very carefully poured off into a bottle without disturbing the sediment. This liniment purifies the skin, and keeps it white and smooth. If the face is already freckled, 1 part of solution of ammonia B.P. shaken up in 8 parts of the liniment makes a good freckle cure. A dessert-spoonful of thick cream from the dairy, mixed with a tablespoonful of the above liniment, tapped and patted into the face at night, after it has been washed and rinsed, will be found most beneficial to the complexion, especially after a day spent in the sunshine.

To keep the hands soft, white, and smooth, the following is much liked: Melt together in a jar placed in a saucepan on the stove 1oz of pure spermaceti, 1 drachm of white wax, 3oz of oil of sweet almonds, and ½oz of rice flour. Let the mixture be stirred continuously, and when nearly cold add to it 10 drops of oil of lavender.

The eyebrows and eyelashes will show wonderful improvement in a short time if every night during the summer an ointment composed of 1 part of yellow mercuric oxide ointment B.P. be mixed in 2 parts of yellow vaseline, say, 2 drachms of the oxide in ½oz of vaseline. To the eyebrows this should be applied with a small tooth-brush, always brushing outwards; but in treating the eyelashes, the cream should be taken along the margins of the eyelids with the finger-tip, and only the merest trace needs to be used each time.

Results of the Prize Competition.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay.

Competitors are requested to write each hint or recipe on a separate sheet of paper and to write on one side of the paper only.

A coupon of the current number of MYRA is essential, and hints or recipes, however good, will not be considered unless accompanied by a coupon. L. HOPE.

PRIZE RECIPES.

A prize of 2s. 6d. has been awarded for each of the three following prize recipes:—

MINT SAUCE IN WINTER FOR USE WITH CANTERBURY LAMB.—Wash, dry, and chop a quantity of fresh mint, and place it in a bottle; an empty vinegar bottle will do, though one with a wider mouth is much easier to use. When nearly full, fill up with vinegar, press in the stopper firmly, and store till required. Then take as much of the mint as you wish to use, add vinegar, in which a little brown sugar has been dissolved, and the sauce will be as good as that made with fresh gathered mint.—Miss BOUND, St. Boniface, Newport Road, Ventnor, I.W.

ORANGE COMPOTE.—Take 4 oranges, peel, divide into quarters, and take off all white fibre, breaking the skin as little as possible, extract the pips, and lay the quarters in a glass dish. Take a handful of lump sugar and ½ pint cold water, place in a saucepan and bring to a boil. Boil altogether for 1½ minutes, and while boiling pour over the fruit. This is an easily and very quickly made sweet, and most delicious eaten with cream, cold boiled rice, or custard.—Mrs. SCOTT ELLIOT, Mayfair, Maymyo, Burmah.

MACARONI TIMBALE.—6oz macaroni boiled in water till it is soft; then take it out and cut into pieces an inch long. Have a round mould well buttered, line it closely with the macaroni pipes, placing them endwise, fill up the centre with force meat—made with cold veal, minced ham, grated bread, one hard-boiled egg cut small, little minced parsley, seasoned with white pepper and salt; cover the mould, and steam for one hour. Garnish with parsley and beetroot. It makes a pretty dish for supper.—Miss BEATRICE TEW, High Street, Epsom.

COMMENDED AND RECOMMENDED.

RASPBERRY CUSTARD—A NICE HOT WEATHER SWEET.—Mash and mix 1 pint raspberries, 1 pint red currants, 4oz castor sugar, and the yolks of 4 eggs well beaten. Put into a piedish already lined with pastry, then add ½ pint milk and the whites of the eggs beaten stiffly. Put into a moderate oven and bake until set.

RASPBERRY SYRUP.—Put into a preserving pan 1lb of ripe raspberries, 3lb of white sugar, and 1½ pints of water. Set on a clear fire, and let it boil for 20 minutes. Strain it through a fine muslin bag, and leave it to cool. When cool, bottle it, and set it aside. When required for use mix it in glasses with cold water. This makes a delicious and wholesome drink for hot weather. Strawberries and black currants can be made into syrup prepared the same way. —Tunbridge Wells.

ECONOMICAL MARMALADE.—Cost, about 1½d. per pound. 1lb bitter oranges (generally 4 in a pound), 1 lemon. Cut these, on a plate, into eight pieces longways, pick out the stones. Then cut orange crossways as thin as possible. Put all into a large basin; pour over it nine ordinary sized tumblerfuls of cold water; let stand 24 hours. Then pour all into a jelly pan, and boil 1 hour until soft, adding boiling water as it boils down to keep up the same quantity. Pour back into a basin to cool. Then pour back into pan, and add 6lb sugar, and boil for half-an-hour. This is a thicker marmalade, but very nice.—Kilmarnock.

WHITINGS AUX FINES HERBES.—Butter the bottom and sides of a casserole dish, put into it some whitings, with a sufficient quantity—according to the number of fish—of chopped parsley, thyme, tarragon, and shalot, very finely chopped; moisten them with a small quantity of white wine, and put them into the oven. When the whiting are about half cooked turn them, and when they are quite done, thicken the sauce with a little butter and flour, adding salt and pepper to taste. Serve in the casserole dish, only adding a squeeze of lemon-juice.—Sutton.

AN EXCELLENT WAY OF COOKING FISH FOR AN INVALID.—Take some hake cutlets, wash them, and place in a buttered dish. Sprinkle with pepper and salt, and squeeze lemonjuice over them. Cover the dish with buttered paper and bake in a slow oven for about half an hour.—Brecon.

THREE PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST COOKERY RECIPES.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
BEST HOUSEHOLD HINTS.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following hints:—

TO KEEP MEAT.—A good way to keep meat in very hot weather is to put it in a muslin bag, hang up, and place bags of powdered charcoal near to it; or the joint may be sprinkled with the charcoal, as it in no way affects the meat and can easily be removed.—C. PAXTON, 2, Duke Street, Darlington.

TO PRESERVE FRENCH BEANS FOR WINTER USE.—Take a wide-mouthed jar, place in it a layer of ordinary salt, then a layer of French beans, and another of salt alternately till the jar is full. Put a small potted meat jar on the top resting on the beans to keep them well under the brine, and tie a paper over the top. When required for use the beans must be well washed in several waters, shredded and boiled as usual, when they will taste exactly as if freshly gathered.—Miss L. G. K. RODWELL, The Beeches, Bury St. Edmunds.

HOW TO CLEAN A SUNSHADE.—An ordinary silk or cotton sunshade can be washed with soap and water by using the following method:—Make suds with white soap and lukewarm water. Dip a clean nail-brush in this, and scrub evenly all over until clean. Rinse thoroughly in plenty of clean water, and brush off as much water as possible. Dry in the open air, but in the shade. It is advisable if there are any trimmings to take them off and clean them, and sew them on again.—Miss B. SPIERS, 24, Loose Road, Maidstone.

A GOOD WAY OF USING UP SCRAPS OF SOAP TOO SMALL FOR USE IN BEDROOMS, &c.—Get a tin (an old cocoa tin will do nicely), bore holes in the lid, tie a piece of cord around the middle, and put in odds and ends of soap. When washing up china, &c., shake the tin back and fore in the hot water, when a good lather will be obtained, thus saving either soda or washing powder.—MARY A. GIBSON, The Laurels, Brecon.

COMMENDED AND RECOMMENDED.

FIXING COLOURS IN COTTON FABRICS.—Take one pennyworth of sugar of lead, dissolve it in a bucket of water, and soak the garment before washing it in this solution for several hours; then rinse twice and wash in the usual way. If this is done the colours will never run.—Lewes.

TO BRIGHTEN A WHITE STRAW HAT.—Squeeze the juice of a lemon into an old saucer and add some flowers of sulphur to it; brush the hat over with it and rinse with cold water. Lay it on a piece of clean board (quite flat) to dry, and the result will be most pleasing.—Kent.

TO RENOVATE A LAST SUMMER'S STRAW HAT.—Mix a little lemonjuice with flour to consistency of cream. Rub this over the straw briskly in the same direction. Sponge lightly afterwards with clean tepid water, then with cold, push the hat into shape, and set to dry.—Banbury.

KEEPING RUST FROM GRATES.—The best way to keep grates from rusting when not in use is to mix the blacklead with turpentine instead of water; this makes, and also retains, a beautiful polish. This hint is useful in the summer, when fires are not required.—Brixton.

ENAMELLED WARE.—Enamelled saucepans and other enamelled ware that have become discoloured through constant use may be rendered beautifully white by boiling for a short time in water to which has been added a little common washing soda and a small packet of chloride of lime. After boiling for about half-an-hour wash well in clean water, and the utensils will be like new.—Epsom.

PRIZE COMPETITION

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:—

FOUR PRIZES, 2s. 6d. each, for the Four Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each, for the Four Best Household Hints.

Competitors must send in their Recipes and Hints on or before August 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

One or both the coupons below must be sent in with the Recipes or Hints.

COOKING RECIPES.
AUGUST, 1909.

HOUSEHOLD HINTS.
AUGUST, 1909.

"I think it (the embroidered blouse) quite the prettiest of the kind I have seen.' —N.B

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.
2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.
3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.
4. Queries to be answered by post must be limited to three.
5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.
(Owing to pressure of space all Dress Answers have been forwarded by post.)

GRAPHOLOGY.

All letters should be sent to "Grapho'ogist," Myra's Journal Office, 10 and 11, Fetter Lane, E.C.
(Continued from page 29.)

TANTA (South Africa).—Many thanks for your kind letter. Unless letters are received very early in the month it is almost impossible for the answers to appear in the next month, as MYRA'S goes to press three weeks, and sometimes more, before publication. You are impulsive, yet tactful, and loyal in friendship. Fairly ambitious, and painstaking, so should succeed in anything you really set your mind on. I should judge you are not very robust. Your mind is clear and you are fond of friends. Truthful and sincere.

JAN.—Your handwriting shows an original and graceful mind; imaginative and artistic nature. I judge you to be fond of travel, and the East would appeal most strongly, as your love of colour is well defined. Somewhat wanting in resolution, but this may be a passing phase. You have my sincerest sympathy in your troubles. There is a certain hesitancy of disposition which it would be well to overcome. Fond of out-of-the-way subjects. Somewhat proud, and desirous of winning the appreciation of others. Continuity of purpose and aim.

CARNATIONS.—Thanks for your interesting letter. Your names are those of an old school friend. Your mind is very lucid, and you have good mental ability. Vivid imagination, and a certain amount of originality, but the temper inclined to be quick. You are generous, and have high ideals. As you ask for all failings, you are a trifle vain. Sympathetic, and have good sense of form. The signature shows combativeness, giving executive capacity and love of approbation.

CARAMBA.—Intense love of beauty, particularly in scenery and sky, is vividly shown. You are large-hearted, and love the society of your fellow-creatures. Much energy, both mental and physical. The will-power is fair, but I think you might yield if pushed into a corner. Should have excellent taste in dress and choice of colouring. Imagination and some originality. The mind is fluent, and you can think rapidly. Not, also, particular as to detail; this is because you like life and all things on a big scale. You also possess vigour, independence, and, may I whisper it, self-esteem.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.
Continued from Page 37.

SOCIETY FOR NEEDLEWORK (Elemby).—If you will send me your name and address—not for publication, but as a guarantee of good faith—I will give you the names of several societies that take needlework and dispose of it, but I make it a rule not to answer anonymous communications.

POST WANTED (M. H.).—Thank you for letting me know that your friend has got a situation. I am always pleased to advise my correspondents.

ART WORK (LEILA F.)—I do not think there are many fortunes to be made to-day in anything; and Art, I should say, is anything but prosperous. Still, you seem quite willing to turn your talents to meet the public requirements, and that is a great thing. It is hopeless when people will persist in trying to force their wares on to customers who do not require them. You have a small settled income, which is a great thing. There are so many occupations one may not look at when the first necessity is to earn your daily bread. From what you say I think you should succeed with poster and advertisement work. For one thing, unlike book illustration, there seems to be a distinct future before it. You mention the former, but photography has in many instances curtailed the scope of the illustrator, whereas in poster work there will not be that to fear. It is essential that you should understand figure drawing, and have plenty of ideas, and be capable of bold, striking work. Poster work, compared with book illustration, is in very much the same position as scene painting to landscape painting. General effect is what you have to think of. Mr. John Hassall, the well-known poster artist, says that "those who have a natural talent for poster designing should join some school and study hard to make themselves cognisant of the intricacies of the work. Rome was not built in a day, nor is any one capable of designing posters without some special training. . . . Energy, originality, and ability are essential to success; and these are the three things that those who intend to go in for the work should always keep in mind." You can get this necessary instruction at the New Art School, 3, Logan Place, Kensington, W., of which Mr. Hassall is principal. Yes, I will try and do as you suggest, and give you an article on the subject.

ADDRESS WANTED (E. L. K.).—There is the Association of Women Pharmacists, which has for its objects:—1. The discussion af ethical questions relating to the work and employment of women, more especially in connection with pharmacy. To this end, meetings are held at regular intervals. The Association also introduces members who may need emyloyment to those who require assistants, and to doctors and institutions requiring dispensers. The Association regularly advertises in medical and pharmaceutical papers. It also keeps a register of all qualified women and of posts obtained by them, and it furthers social intercourse, and, if necessary, gives advice. With you, I think this is a profession peculiarly suitable to women, and I am always glad to hear of women's success therein. For fuller details of the Association, write to Miss Buchanan, Gordon Hall, Gordon Square, W.C. I hope you may go on and prosper.

STAMPS RECEIVED (Mrs. B.).—Thanks for your second letter. I hope you were able io employ my correspondent, who has been very successful through this Bureau in obtaining orders, and who has given much satisfaction by her work.

DRESSMAKING RENOVATIONS (A. O. and L. F.).—I am very pleased to put you on my Register. There are no fees of any kind: the only charge being for a private reply. I shall hope to get you some orders, as most of my correspondents are very successful in this way.

ADDRESSES WANTED (Mrs. W.).—I am always pleased to reply privately provided that a stamped envelope and six penny stamps are enclosed. I can give you several addresses of workers.

FRENCH GARDENING (Miss V.)—There is a book entitled "A French Garden in England," by Helen Nussey and C. J. Cockerell, published at a shilling net (Stead's Publishing House, London), which would, I think, aid you materially. It is written by two women gardeners who have learnt what to do and what not to do from practical experience, and who give the benefit of their knowledge to warn others. The volume is amply illustrated, and contains useful chapters on "Stock," "Crops," "Marketing," &c. There is no reason at all why you should not succeed in an occupation in which many women have achieved signal success. Do you know of the Leatheringsett School of Gardening, Leatheringsett Holt, Norfolk, where you can get the necessary instruction in French Gardening? The period ranges from one to two years, and the fees are from ten guineas a year. There is a Horticultural School in Geneva—Miss Hulbert, Château la Châtelaine, Route de Lyon, 115—which might suit you.

LAUNDRY WORK (Vera L.).—I quite agree with all you say, and I will try and arrange for an article. So many thanks for your appreciation of my last one. It is a real pleasure to me to learn that even in far off Vancouver my writings are welcomed and found helpful. Now as to training. This you can obtain in many places in England, and I think you are very wise to learn the whole business thoroughly. Almost every polytechnic and domestic economy school gives the necessary instruction. The Battersea Polytechnic is near you and is very good. You could get full particulars on application to the secretary. Private laundries, where you can be trained, include the Palace Laundry, Fulham, S.W., which receives ladies to train for a business career as heads of departments. Both the English and American systems are taught. The period of training is for six months, and the fee is £10 10s. There is also the Little Laundry (Miss L. Jacque, Westbury Road, Willesden), the same fee. Let me know if I can help you further.

WORK FOR SPARE TIME (Miss B.).—I strongly advise you to devote your energies to the making of fine underwear, for which there is a good, steady demand. Fancy work, at the best, can command but occasional orders, and nowadays the conditions of life make it essential to have as little in the way of accessories as possible. I sent you the address of a society which might be of use to you, and I advise you to keep your name regularly on my register.

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Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

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(Some Answers unavoidably held over.)

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AUGUST, 1909.

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AUGUST, 1909.

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Free Bargains Coupon.

Myra's Journal, August, 1909.

DRESS AND MILLINERY.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

Colonial Readers. — MILLINERY, BLOUSES bought and forwarded. References.—83, Sydenham Road, Sydenham.

BLOUSES made to measure free. Lawn from 3s.—83, Sydenham Road.

Fashionable pale grey CLOTH COSTUME; just made; misfit, 36-26-39½. Bargain, 12s. 6d. Approval. M3751

DRESSMAKER, daily, or at home. Renovations, alterations, Blouses speciality.—Mrs. Goddard, 35, May Street, West Kensington.

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SKIRTS, Navy or Black, to measure, 5s. 6d.—Pinchback, 53, Guildford Road, Greenwich.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—Madame White, 299, King's Road, S.W.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

BLOUSE LENGTHS 10d., DRESS LENGTHS, 2s. 3d.—Latest designs. Save middleman's excessive profits; buy direct. Patterns free.—The Fancy Muslin Co., 19, Cannon Street, Manchester.

NEEDLEWORK, DRESSMAKERS, &c.

DRESSMAKER, daily or at home. Experienced.—Miss Connery, 45, Kenwyn Road, Clapham, S.W.

DRESSMAKER, daily. Dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

Mrs. F. van Bebber, 22, Manchester Street, Kings Cross, BLOUSE and DRESSMAKER. Material supplied. Ladies' own material made up. Any style at moderate prices.

DRESSMAKER, daily or at home, remodel, &c.—Miss Rees, 38, Nutford Place, Bryanston Square, W.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. French styles.

Millicent Wright, 45, Artesian Road, Westbourne Grove.—LADIES' OWN MATERIALS. Terms moderate.

DRESSMAKER, terms 2s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

LADIES' AND CHILDREN'S DRESSMAKER. Renovations.—Miss Walwyn, 5, St. Ann's Road, Barnes.

NEEDLEWORK.—Children's dressmaker, bed-furniture, &c. Home or out.—157, Stroud Green Road.

DRESSMAKER, daily, at Ladies' houses. Town, country. Cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

EXPERIENCED DRESSMAKER, ladies and children's.—Miss Jacobs, 299, Old Ford Road, Bow.

EXPERIENCED DRESSMAKER, daily, or at home.—Mrs. England, 440, Edgware Road, W.

First-class DRESSMAKING, ladies' and children's.— M. Walker, 66, Natal Road, Streatham.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £5 10s., cost over double; other articles equally cheap.—Williams, 69, Ringmer Avenue, Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

STAMPS EXCHANGED.—Miss Stanford, 11, St. George's Square, Forest Gate, Essex, England.

MISCELLANEOUS.

BE YOUR OWN BEAUTY DOCTOR by using La Gloria, the wonderful skin food and tonic. It is Nature's own remedy for beautifying the complexion and gives the charm, bloom, and suppleness of maidenhood. By its use wrinkles are eradicated, and pimples, blotches, sallowness and flabbiness disappear. One months' treatment, post free, 2s. 6d.—Dacre and Co., 187, Hampstead Road, London, N.W.

WHITSTABLE OYSTERS, 25 in bag, 3s.—Bowden, 35, High Street, Herne Bay.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

Sow now. PANSY SEED. Packet very best and instructions how to grow giant flowers, P.O. 6d.—Dennis, Outlanes, Stone.

KNITTED HOSIERY REFOOTED, 9d., post free.—Hosiery, 4, Oldham's Terrace, Acton, W.

HELEN TROY'S CREAM for long silky eyelashes and brows. 1s. 3d. by post.—Troy, 180, High Street, Notting Hill Gate, W.

Lady sends PRESCRIPTION, absolute cure for constipation, adults or children; no drugs. P.O. 2s. M3752

Half-guinea OPERA GLASS, 5s. 3d. post free. Approval.—Truro, Longford Road, Bognor.

Hand-made NET HAMMOCKS, all prices.—Bowden, 35, High Street, Herne Bay.

DOLLS of all kinds repaired. All parts supplied cheaply.—Post to Wicks, 16, Dawes Road, London, S.W.

Lovely LUXURIANT HAIR of our Foremothers produced by marvellous Hair Elixir Elite Secret; 2s. 9d., 5s. 3d.—Clements, Bridge House, Woking.

10s. 6d. silver-mounted UMBRELLAS, 4s. 8d. (new). Lucky NAIL TRIMMERS, 1s. 2d., possessors lucky. Satisfaction guaranteed.—Truro, Longford Road, Bognor.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announce nent *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. AUGUST, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

Miss L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
Miss E. Baker, 4, Chapel Street, Forest Gate.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Miss Claydon, 243, King's Road, Chelsea, S.W.
Miss Connery, 48, Kenwyn Road, Clapham, S.W.
Mrs. England, 440, Edgware Road, W.
Mrs. Glover, 3, Redburn Street, Chelsea.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Miss H. E. Kelly, 48, Finborough Road, Redcliffe Gardens, S.W.
Mrs. Lucy Hughes, 196, Beresford Street, Walworth.
Miss Olga, 29, Mill Lane, West Hampstead.
Miss Pearl, 18, Bruce Road, South Norwood.
Miss Price, 24, Gordon Road, Kingston-on-Thames.
Miss Rees, 38, Nutford Place, Bryanston Square.
F. Ryan, 198, Walton Street, Chelsea, S.W.
Miss M. Smith, 3, Pakeman Street, Holloway, N.
Miss M. Trowbridge, 56, Upham Park Road, Chiswick, W.
Miss E. Willson, 77, Cloncurry Street, Fulham Park, Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 14, Blomfield Street, Westbourne Square, Paddington, W
Mrs. F. van Bebber, 22, Manchester St., Argyle Sq., King's Cross, W.C.
Miss Clinch, 18, Barrow Hill Road, St. John's Wood.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Mrs. Duggan, 103, Park Street, Greenheys, Manchester.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss E. Farbrother, The Owls, Gloucester Rd., Kingston Hill, S.W.
Miss Gavey, 36, Ambler Road, Finsbury Park, N.
Mrs. Goddard, 35, May Street, West Kensington.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Mrs. Horner, 70, Barden Road, Tonbridge.
Miss Jacobs, 299, Old Ford Road, Bow, E.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Misses Leftwich and Bush, 54, Blomfield Road, Maida Hill, W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 83, Sydenham Road, Sydenham, S.E.
Mrs. A. Oakley and L. Freeland, 182, Sellincourt Road, Tooting, S.W.
E. Simeon, 1, George Street, Manchester Square, W.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss Spence, 65, Cumberland Street, Westminster, S.W.
Miss Walwyn, 5, St. Ann's Road, Barnes, S.W.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 83, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square, W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss Claydon, 243, King's Road, Chelsea.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.

All Coupons must be received by the 1st of each month preceding date of issue.

Correspondence.

RULES

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.
2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.
3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.
4. Queries to be answered by post must be limited to three.
5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.
(Owing to pressure of space all Dress Answers have been forwarded by post.)

GRAPHOLOGY.

All letters should be sent to "Grapho'ogist," Myra's Journal Office, 10 and 11, Fetter Lane, E.C.
(Continued from page 29.)

TANTA (South Africa).—Many thanks for your kind letter. Unless letters are received very early in the month it is almost impossible for the answers to appear in the next month, as MYRA'S goes to press three weeks, and sometimes more, before publication. You are impulsive, yet tactful, and loyal in friendship. Fairly ambitious, and painstaking, so should succeed in anything you really set your mind on. I should judge you are not very robust. Your mind is clear and you are fond of friends. Truthful and sincere.

JAN.—Your handwriting shows an original and graceful mind; imaginative and artistic nature. I judge you to be fond of travel, and the East would appeal most strongly, as your love of colour is well defined. Somewhat wanting in resolution, but this may be a passing phase. You have my sincerest sympathy in your troubles. There is a certain hesitancy of disposition which it would be well to overcome. Fond of out-of-the-way subjects. Somewhat proud, and desirous of winning the appreciation of others. Continuity of purpose and aim.

CARNATIONS.—Thanks for your interesting letter. Your names are those of an old school friend. Your mind is very lucid, and you have good mental ability. Vivid imagination, and a certain amount of originality, but the temper inclined to be quick. You are generous, and have high ideals. As you ask for all failings, you are a trifle vain. Sympathetic, and have good sense of form. The signature shows combativeness, giving executive capacity and love of approbation.

CARAMBA.—Intense love of beauty, particularly in scenery and sky, is vividly shown. You are large-hearted, and love the society of your fellow-creatures. Much energy, both mental and physical. The will-power is fair, but I think you might yield if pushed into a corner. Should have excellent taste in dress and choice of colouring. Imagination and some originality. The mind is fluent, and you can think rapidly. Not, also, particular as to detail; this is because you like life and all things on a big scale. You also possess vigour, independence, and, may I whisper it, self-esteem.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.
Continued from Page 37.

SOCIETY FOR NEEDLEWORK (Elemby).—If you will send me your name and address—not for publication, but as a guarantee of good faith—I will give you the names of several societies that take needlework and dispose of it, but I make it a rule not to answer anonymous communications.

POST WANTED (M. H.).—Thank you for letting me know that your friend has got a situation. I am always pleased to advise my correspondents.

ART WORK (LEILA F.)—I do not think there are many fortunes to be made to-day in anything; and Art, I should say, is anything but prosperous. Still, you seem quite willing to turn your talents to meet the public requirements, and that is a great thing. It is hopeless when people will persist in trying to force their wares on to customers who do not require them. You have a small settled income, which is a great thing. There are so many occupations one may not look at when the first necessity is to earn your daily bread. From what you say I think you should succeed with poster and advertisement work. For one thing, unlike book illustration, there seems to be a distinct future before it. You mention the former, but photography has in many instances curtailed the scope of the illustrator, whereas in poster work there will not be that to fear. It is essential that you should understand figure drawing, and have plenty of ideas, and be capable of bold, striking work. Poster work, compared with book illustration, is in very much the same position as scene painting to landscape painting. General effect is what you have to think of. Mr. John Hassall, the well-known poster artist, says that "those who have a natural talent for poster designing should join some school and study hard to make themselves cognisant of the intricacies of the work. Rome was not built in a day, nor is any one capable of designing posters without some special training. . . . Energy, originality, and ability are essential to success; and these are the three things that those who intend to go in for the work should always keep in mind." You can get this necessary instruction at the New Art School, 3, Logan Place, Kensington, W., of which Mr. Hassall is principal. Yes, I will try and do as you suggest, and give you an article on the subject.

ADDRESS WANTED (E. L. K.).—There is the Association of Women Pharmacists, which has for its objects:—1. The discussion of ethical questions relating to the work and employment of women, more especially in connection with pharmacy. To this end, meetings are held at regular intervals. The Association also introduces members who may need emyloyment to those who require assistants, and to doctors and institutions requiring dispensers. The Association regularly advertises in medical and pharmaceutical papers. It also keeps a register of all qualified women and of posts obtained by them, and it furthers social intercourse, and, if necessary, gives advice. With you, I think this is a profession peculiarly suitable to women, and I am always glad to hear of women's success therein. For fuller details of the Association, write to Miss Buchanan, Gordon Hall, Gordon Square, W.C. I hope you may go on and prosper.

STAMPS RECEIVED (Mrs. B.).—Thanks for your second letter. I hope you were able to employ my correspondent, who has been very successful through this Bureau in obtaining orders, and who has given much satisfaction by her work.

DRESSMAKING RENOVATIONS (A. O. and L. F.).—I am very pleased to put you on my Register. There are no fees of any kind; the only charge being for a private reply. I shall hope to get you some orders, as most of my correspondents are very successful in this way.

ADDRESSES WANTED (Mrs. W.).—I am always pleased to reply privately provided that a stamped envelope and six penny stamps are enclosed. I can give you several addresses of workers.

FRENCH GARDENING (Miss V.)—There is a book entitled "A French Garden in England," by Helen Nussey and C. J. Cockerell, published at a shilling net (Stead's Publishing House, London), which would, I think, aid you materially. It is written by two women gardeners who have learnt what to do and what not to do from practical experience, and who give the benefit of their knowledge to warn others. The volume is amply illustrated, and contains useful chapters on "Stock," "Crops," "Marketing," &c. There is no reason at all why you should not succeed in an occupation in which many women have achieved signal success. Do you know of the Leatheringsett School of Gardening, Leatheringsett Holt, Norfolk, where you can get the necessary instruction in French Gardening? The period ranges from one to two years, and the fees are from ten guineas a year. There is a Horticultural School in Geneva—Miss Hulbert, Château la Châtelaine, Route de Lyon, 115—which might suit you.

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LADIES' AND CHILDREN'S DRESSMAKER. Renovations.—Miss Walwyn, 5, St. Ann's Road, Barnes.

NEEDLEWORK.—Children's dressmaker, bed-furniture, &c. Home or out.—157, Stroud Green Road.

DRESSMAKER, daily, at Ladies' houses. Town, country. Cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

EXPERIENCED DRESSMAKER, ladies and children's.—Miss Jacobs, 299, Old Ford Road, Bow.

EXPERIENCED DRESSMAKER, daily, or at home.—Mrs. England, 440, Edgware Road, W.

First-class DRESSMAKING, ladies' and children's.—M. Walker, 66, Natal Road, Streatham.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £5 10s., cost over double; other articles equally cheap.—Williams, 69, Ringmer Avenue, Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

STAMPS EXCHANGED.—Miss Stanford, 11, St. George's Square, Forest Gate, Essex, England.

MISCELLANEOUS.

BE YOUR OWN BEAUTY DOCTOR by using La Gloria, the wonderful skin food and tonic. It is Nature's own remedy for beautifying the complexion and gives the charm, bloom, and suppleness of maidenhood. By its use wrinkles are eradicated, and pimples, blotches, sallowness and flabbiness disappear. One months' treatment, post free, 2s. 6d.—Dacre and Co., 187, Hampstead Road, London, N.W.

WHITSTABLE OYSTERS, 25 in bag, 3s.—Bowden, 35, High Street, Herne Bay.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

Sow now. PANSY SEED. Packet very best and instructions how to grow giant flowers, P.O. 6d.—Dennis, Outlanes, Stone.

KNITTED HOSIERY REFOOTED, 9d., post free.—Hosiery, 4, Oldham's Terrace, Acton, W.

HELEN TROY'S CREAM for long silky eyelashes and brows. 1s. 3d. by post.—Troy, 180, High Street, Notting Hill Gate, W.

Lady sends PRESCRIPTION, absolute cure for constipation, adults or children; no drugs. P.O. 2s. M3752

Half-guinea OPERA GLASS, 5s. 3d. post free. Approval.—Truro, Longford Road, Bognor.

Hand-made NET HAMMOCKS, all prices.—Bowden, 35, High Street, Herne Bay.

DOLLS of all kinds repaired. All parts supplied cheaply.—Post to Wicks, 16, Dawes Road, London, S.W.

Lovely LUXURIANT HAIR of our Foremothers produced by marvellous Hair Elixir Elite Secret; 2s. 9d., 5s. 3d.—Clements, Bridge House, Woking.

10s. 6d. silver-mounted UMBRELLAS, 4s. 8d. (new). Lucky NAIL TRIMMERS, 1s. 2d., possessors lucky. Satisfaction guaranteed.—Truro, Longford Road, Bognor.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. AUGUST, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

Miss L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
Miss E. Baker, 4, Chapel Street, Forest Gate.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Miss Claydon, 243, King's Road, Chelsea, S.W.
Miss Connery, 48, Kenwyn Road, Clapham, S.W.
Mrs. England, 440, Edgware Road, W.
Mrs. Glover, 3, Redburn Street, Chelsea.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Miss H. E. Kelly, 48, Finborough Road, Redcliffe Gardens, S.W.
Mrs. Lucy Hughes, 196, Beresford Street, Walworth.
Miss Olga, 29, Mill Lane, West Hampstead.
Miss Pearl, 18, Bruce Road, South Norwood.
Miss Price, 24, Gordon Road, Kingston-on-Thames.
Miss Rees, 38, Nutford Place, Bryanston Square.
F. Ryan, 198, Walton Street, Chelsea, S.W.
Miss M. Smith, 3, Pakeman Street, Holloway, N.
Miss M. Trowbridge, 56, Upham Park Road, Chiswick, W.
Miss E. Willson, 77, Cloncurry Street, Fulham Park, Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 14, Blomfield Street, Westbourne Square, Paddington, W
Mrs. F. van Bebber, 22, Manchester St., Argyle Sq., King's Cross, W.C.
Miss Clinch, 18, Barrow Hill Road, St. John's Wood.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Mrs. Duggan, 103, Park Street, Greenheys, Manchester.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss E. Farbrother, The Owls, Gloucester Rd., Kingston Hill, S.W.
Miss Gavey, 36, Ambler Road, Finsbury Park, N.
Mrs. Goddard, 35, May Street, West Kensington.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Mrs. Horner, 70, Barden Road, Tonbridge.
Miss Jacobs, 299, Old Ford Road, Bow, E.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Misses Leftwich and Bush, 54, Blomfield Road, Maida Hill, W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 83, Sydenham Road, Sydenham, S.E.
Mrs. A. Oakley and L. Freeland, 182, Sellincourt Road, Tooting, S.W.
E. Simeon, 1, George Street, Manchester Square, W.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss Spence, 65, Cumberland Street, Westminster, S.W.
Miss Walwyn, 5, St. Ann's Road, Barnes, S.W.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 83, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square, W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss Claydon, 243, King's Road, Chelsea.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.

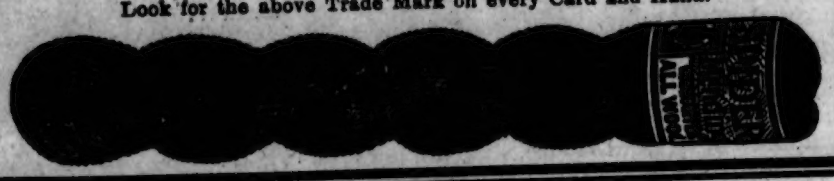
All Coupons must be received by the 1st of each month preceding date of issue.

Mend with
SPIDER
MENDING.

It is worth your while to insist that your draper supplies this.

NONE SO SOFT.
NONE SO DURABLE.

Look for the above Trade Mark on every Card and Hank.



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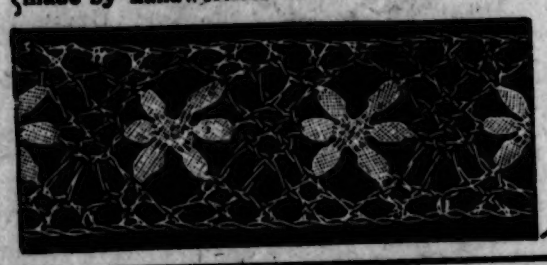
TORCHONS

An actual reproduction, by a new patented process, of Real Torchon Lace exactly as made by handworkers on the cushion.



All genuine "B.B." Torchons bear the above Regd. Mark embossed on every card.

To be obtained in a variety of styles and widths

From all important Drapers in the United Kingdom.

DRESSES DRY CLEANED 4/

YOUR SOILED BLOUSE CLEANED

CLARK, THE CLEANER.

Carriage or Postage paid One Way

To do absolutely the BEST WORK is the outstanding principle of our business.

LADIES' GARMENTS of every description CLEANED and DYED. Send at once for our Price List.

FOR 1/3

To Mrs. Clark & Co
9 Halleroft Road
Retford

"The DORCAS"
IS THE ONLY
THIMBLE
YOU SHOULD BUY.

ALL SIZES

Made in Sterling Silver, most exquisitely chased. Between the inner and outer casings is an intermediate layer of hardened steel. ... Price 2/6

GUARANTEE! Improved Dorcas Thimbles rendered useless from any cause will be exchanged Free of Charge!

Address Manufacturer's Agent, 66, Ludgate Hill, London, for name of nearest Jeweller or Fancy Dealer stocking Dorcas.

LOOK FOR THE MARK UPON THE RIM.

"NYTO" SHAMPOO POWDER

—IT KILLS NITS.—

Every child's head should be washed with "NYTO" at least once a week. They will then be kept perfectly clean. Far better than Ointments or Lotions, which are most objectionable on account of their being sticky and greasy.

2d. per packet of all Chemists

"NYTO" is a delightful hair wash, perfectly harmless, removes all dandriff and scurf, and makes the hair silky and glossy. Be sure you ask for "NYTO," and insist on having it. There is nothing half as good as "NYTO," so don't be persuaded to take anything else.

Obtainable at Boot's, Taylor's, and all the large Stores.

THE "NYTO" CO. (Dept. M.J.), NOTTINGHAM.

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SANITARY ROSE POWDER
FOR TOILET AND NURSERY.

AN ANTISEPTIC DUSTING POWDER. For Tender Feet, Roughness, Chafes, Irritation of the Skin from Sunburn, Cold Winds, &c.

Examined, Passed, and Certified by the Institute of Hygiene.

"Fragrant, soothing, cleanly."—*The Queen.*

The Nurses' Journal reports:—"We have tried it extensively and found it most useful."

Of all Chemists, White, Pink, or Cream, 6d. and 1s.

ROYAL CREAM SOAP
For Tender Skin.
Tablets 6d. Boxes 1s. 6d.
OF ALL CHEMISTS.

Proprietors—
JAMES WOOLLEY, SONS & CO.
LIMITED,
MANCHESTER.

TAYLOR'S
MECKLENBURG
IS THE BEST OF ALL
LINEN THREADS
FOR
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ASK FOR IT, AND
REFUSE SUBSTITUTES.

SHADES—White, Ecru, Cream, Paris.

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